

# Healthy Chicken Parmesan

Serving size: 1 Chicken Breast

Serves: 4

## Ingredients:

¼ cup parmesan cheese  
¼ cup Light Italian salad dressing  
½ teaspoon dried oregano  
4 boneless chicken breasts without skin

## Directions:

Combine cheese, dressing and oregano for marinade. Whisk until well-blended.  
Pour marinade over chicken, turning to evenly coat. Refrigerate for at least 30 minutes or up to 2 hours. Drain and discard excess marinade.  
Preheat oven to 350 degrees F.  
Arrange chicken on parchment lined sheet pans or baking dish. Bake for 18 minutes.

## Exchanges per serving:

4 Lean Meat; ½ Fat

## Nutrients per serving:

Calories: 169  
Calories from fat: 24.8%  
Total Fat: 4g  
Cholesterol: 73mg  
Sodium: 288mg  
Total Carbohydrate: 1g  
Dietary Fiber: Trace  
Protein: 29g