



Light Herbed Chicken Parmesan

INGREDIENTS

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| 1/3 cup (1 1/2 ounces) grated Parmesan cheese, divided | 1 pound chicken breast tenders |
| 1/4 cup dry bread crumbs | 1 tablespoon butter |
| 1 tablespoon minced fresh parsley | 1 1/2 cups bottled fat-free tomato-basil pasta sauce |
| 1/2 teaspoon dried basil | 2 teaspoons balsamic vinegar |
| 1/4 teaspoon salt, divided | 1/4 teaspoon black pepper |
| 1 large egg white, lightly beaten | 1/3 cup (1 1/2 ounces) shredded provolone cheese |

DIRECTIONS

Preheat broiler.

Combine 2 tablespoons of Parmesan, bread crumbs, parsley, basil, and 1/8 teaspoon salt in a shallow dish. Place egg white in a shallow dish. Dip each chicken tender in egg white; dredge in the bread crumb mixture. Melt butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Set aside.

Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated. Pour the sauce over chicken in pan. Sprinkle evenly with the remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.