

## **Parmesan Crusted Chicken (Makes 6 servings)**

- 1/4 cup olive oil
- 1 cup breadcrumbs, plain/unseasoned
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/3 cup shredded Parmesan
- 1 1/2–2 pounds boneless chicken breasts, cut into strips
- 1/2 cup low sodium chicken broth or water

Preheat oven to 450°. Prepare 13 x 9 baking dish by lightly oiling or spraying with non-stick cooking spray. Place oil in small dish. Mix crumbs, pepper and Parmesan in a separate dish. Dip chicken in oil, then roll in crumb mixture, then lay in baking dish with pieces not touching (this may require 2 dishes or 2 batches). Bake 15–20 minutes or until cooked through.



For leftovers, place strips in skillet over low heat (will be soggy if microwaved). Alternatively, bake extras only 10 minutes initially, remove from oven, cool and place in a sealed container. Freeze until needed, thawing in the refrigerator the night before. Bake thawed strips at 400° for 15 minutes until heated through.

### **Nutrition Information**

Per serving (1/6 of recipe): Calories: 188, Fat: 8 gm; Saturated Fat: 1 gm; Carbohydrate: 7 gm; Sodium: 315 mg; Fiber: 0 gm

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