

## LIGHTENED-UP CHICKEN PARMIGIANA WITH GARLICKY VEGGIES

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Ask your butcher to cut the chicken breasts in half horizontally, or simply do it yourself: With the knife blade parallel to the cutting board and your opposite hand on top of chicken, slice horizontally completely through the breast, keeping your knife parallel to the board to ensure an even cut.

- 2 boneless skinless chicken breasts (about 450 g), cut in half horizontally
- ¼ tsp each salt and pepper
- 4 tsp all-purpose flour
- 1½ tsp dried oregano
- 1 egg white
- ½ cup panko bread crumbs
- 6 cloves garlic
- 4 tsp olive oil
- ¼ tsp hot pepper flakes
- 2 zucchini, halved lengthwise and sliced crosswise
- 2½ cups broccoli florets, cut in bite-size pieces
- 2 tsp lemon juice
- 1 onion, chopped
- 1½ cups bottled strained tomatoes (passata)
- 1 tsp red wine vinegar
- ¼ cup grated Parmesan cheese
- 6 fresh basil leaves, thinly sliced

Sprinkle both sides of chicken with half each of the salt and pepper. In bowl, mix flour with ½ tsp of the oregano. In separate bowl, whisk egg white until frothy. Add bread crumbs to third bowl. Dredge both sides of chicken in flour mixture, shaking off excess. Dip in egg white, letting excess drip off. Press both sides in bread crumbs, shaking off excess.

Arrange in single layer in lightly greased 13- x 9-inch (3 L) baking dish. Bake in 425°F (220°C) oven until chicken is no longer pink inside, about 18 minutes.

Meanwhile, thinly slice half of the garlic; mince remaining garlic and set aside. In nonstick skillet, heat half of the oil over medium heat; cook sliced garlic and half of the hot pepper flakes, stirring, until fragrant, about 1 minute. Add zucchini,



*A restaurant classic with only 300 calories!*

broccoli and remaining salt and pepper; cook, stirring occasionally, just until tender-crisp, about 7 minutes. Remove from heat; stir in lemon juice. Scrape into bowl; keep warm.

In same skillet, heat remaining oil over medium heat; cook onion, remaining oregano and hot pepper flakes, stirring occasionally, until onion is softened and golden, about 5 minutes. Stir in reserved minced garlic; cook until fragrant, about

30 seconds. Stir in strained tomatoes, vinegar and 2 tbsp water; cook until heated through, about 3 minutes.

Spoon tomato mixture over chicken. Sprinkle with Parmesan. Bake in 425°F (220°C) oven until cheese is melted, about 2 minutes. Top with basil. Serve with zucchini mixture.

PER SERVING: about 307 cal, 33 g pro, 9 g total fat (2 g sat. fat), 23 g carb (4 g dietary fibre, 10 g sugar), 71 mg chol, 520 mg sodium, 1,042 mg potassium. % RDI: 14% calcium, 26% iron, 28% vit A, 77% vit C, 32% folate. ●