

# BAKED CHICKEN PARMESAN

SERVES 6



Vegetable oil spray  
3 Whole wheat bread slices  
1.5 Tbsp Parmesan cheese, grated  
1.5 Tbsp Fresh parsley, finely chopped  
1.5 Tsp Paprika  
3/4 Tsp Granulated garlic  
1/2 Tsp Thyme, dry and crumbled  
6 oz Buttermilk, low fat  
6 Chicken breasts, skinless and boneless

Serving Size: 1  
Calories: 184 Kcal  
Fat: 4 gm  
Protein: 26 gm  
Carbohydrates: 9 gm  
Sodium: 198 mg  
Cholesterol: 66 mg

- Preheat oven to 325 degrees.
- Lightly spray a sheet pan and cooling rack with vegetable spray. Set aside.
- In food processor or blender, process the bread into fine crumbs. Pour into a shallow bowl. Stir in parmesan, parsley, paprika, garlic and thyme.
- Pour buttermilk into another shallow bowl, and assemble it along with the bread crumb bowl and baking sheet/rack into a line.
- Remove fat from chicken. Dip the chicken into the buttermilk, and shake off the excess liquid. Next, coat chicken in the crumbs, and shake off excess crumbs. Last, put the chicken on the rack and lightly spray each breast with vegetable spray.
- Bake for 10 minutes. Turnover and bake for 5-6 minutes or until the inside temperature of the chicken breast reads 165 degrees for 15 sec.

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