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Herbed Chicken Parmesan

This lighter version of an Italian favorite loses some of the fat but none of the taste. We recommend rice-shaped orzo pasta with this saucy chicken entrée, but you can serve spaghetti or angel hair pasta instead.

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Yield: 4 servings

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Ingredients

1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese, divided

1/4 cup dry breadcrumbs

1 tablespoon minced fresh parsley

1/2 teaspoon dried basil

1/4 teaspoon salt, divided

1 large egg white, lightly beaten

1 pound chicken breast tenders

1 tablespoon butter

1 1/2 cups bottled fat-free tomato-basil pasta sauce (such as Muir Glen Organic)

2 teaspoons balsamic vinegar

1/4 teaspoon black pepper

1/3 cup (1 1/2 ounces) shredded provolone cheese

Preparation

Preheat broiler.

Combine 2 tablespoons of Parmesan, breadcrumbs, 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 breadcrumb 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.

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