

# Lighter Chicken Parmesan



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman | Episode: TBD Repack



Total: 16 min  
Active: 16 min  
Yield: 4 servings  
Level: Easy

## Ingredients:

- One 24-ounce jar good-quality marinara sauce
- 1 tablespoon balsamic vinegar
- 1/2 cup panko breadcrumbs
- 1/2 cup grated Parmesan
- 1/4 cup finely chopped fresh flat-leaf parsley
- Kosher salt and freshly ground black pepper
- 2 large egg whites, lightly beaten
- 1 1/2 pounds chicken tenders
- 12 ounces whole-wheat angel hair pasta
- 1 tablespoon olive oil
- 1/2 cup shredded fresh mozzarella

## Directions:

- 1** Preheat the broiler to medium. Bring a large pot of water to a boil.
- 2** Combine the marinara sauce and balsamic vinegar in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer for 5 minutes.
- 3** Meanwhile, in a shallow dish, combine the breadcrumbs, half the Parmesan, half the parsley and some salt and pepper. Put the beaten egg whites in a separate shallow dish. Coat the chicken tenders in the egg whites first, then dredge in the breadcrumb mixture.
- 4** Add the pasta to the boiling water and cook according to the package instructions.
- 5** Heat the oil in a large ovenproof nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until golden, about 3 minutes per side. Pour the tomato sauce over the chicken, scatter the mozzarella and remaining Parmesan evenly over top and broil until the cheese is melted and bubbly, about 2 minutes.
- 6** Drain the pasta. Serve with the chicken and garnish with the remaining parsley.