



Oven Baked Chicken Parmesan



This recipe calls for:

Six Cheese Sauce

Traditional Sauce

Tomato, Garlic & Onion Sauce

Traditional Pasta Sauce

Prep time

20 minutes

Cook time

30 minutes

Servings

4

Ingredients

3/4 cup plain dry bread crumbs

1/2 tsp. Italian seasoning

1/4 tsp. garlic powder

6 (about 2 lbs.) boneless, skinless chicken breast halves

1 egg, beaten

1 jar RAGÚ® Old World Style® Traditional Sauce

1 cup shredded part-skim Mozzarella cheese (or Parmesan cheese)

Instructions

1. Preheat oven to 400°F. Combine bread crumbs, Italian seasoning and garlic powder in shallow dish. Dip chicken in egg, then crumb mixture; turn to coat.
 2. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes.
 3. Pour sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked.
- Tip: Most dishes that call for frying can be baked to cut down on the fat. Try substituting eggplant for chicken for a vegetarian version.