

In the Kitchen - Lighter Chicken Parmesan

Ingredients

- One 24-ounce jar good-quality marinara sauce
- 1 tablespoon balsamic vinegar
- 1/2 cup panko bread crumbs
- 1/2 cup grated Parmesan cheese
- 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 bread crumbs, half the Parmesan cheese, 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 bread crumb 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 cheese and remaining Parmesan cheese 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.

