



Chicken Parmesan

Breaded & baked chicken breast with provolone cheese, marinara and a roasted garlic spread

Back in my 'old days,' when I wanted to gorge on an indulgent sandwich, I'd wait till my wife was gone and I'd order a chicken parm. sandwich from a nearby pizza shop. THIS version is just as delicious and much healthier. We're lowering the fat & calories by using our own low carb breading, thin sliced provolone and cooking it all without oil. Then, for even more flavor, we're roasting cloves of garlic then spreading it on each of the buns.

Ingredients:

Marinara Sauce:

- 1 batch of my "5 minute marinara sauce", recipe on page 16

Low Carb Breading:

- Prepare the bread crumbs and egg wash, following the steps for low carb breading, on pages 38-39.

Roasted Garlic Spread: (make ahead)

- 12 garlic cloves, skin on, 1 side trimmed off (see pic 3A)**
- 1/4 tsp olive oil**
- olive oil cooking spray**
- 2 tsp water ***
- 2 Tbsp plain fat free greek yogurt
- 2 tsp white wine vinegar (or distilled white)
- 1/2 tsp garlic powder
- pinch of salt and pepper

Chicken:

- 4 boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 1 tsp water

Additional Ingredients:

- 4 slices of "ultra thin" deli sliced provolone cheese, such as sargento brand.*** (see notes)
- Fresh basil leaves

Directions:

1. Prepare 1 batch of 0 point marinara sauce, set aside.
2. The low carb bread crumbs, egg wash and breading as shown on pages 38-39. Set aside.

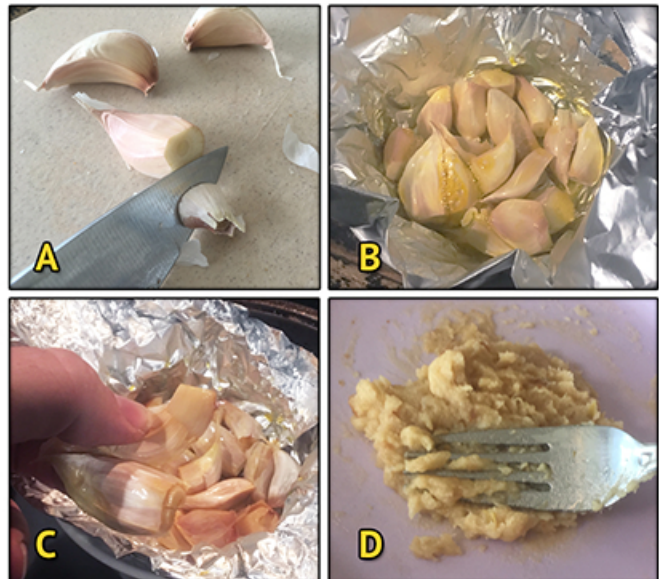
Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving Size: 1 sandwich



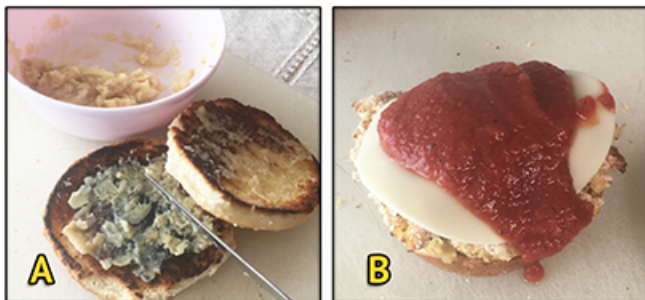
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- last checked 02/20/24 -
 Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.



3. Preheat your oven to 375 degrees. (A) Slice the end off of the fresh garlic cloves, still in the skin. (B) Place all of the garlic into a pouch made of tin foil, then drizzle in the olive oil and spray into the pouch with a good amount of cooking spray, toss to coat. Close the foil pouch and bake at 375 degrees for 40 minutes. (C) Remove from oven, open pouch and let cool for 10 minutes. Pick up each garlic clove and gently squeeze the back end, which will cause the roasted garlic to pop out. Place all cloves onto a dish. (D) Add 2 tsp water to the garlic cloves, then mash with a fork. Mix the mashed garlic with the yogurt, vinegar, garlic powder, salt & pepper. Place into a cup, cover with plastic wrap. Set aside.

- 4 Preheat oven to 425 degrees. Bread your chicken breasts as shown on pages 38-39. Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. When the oven is up to temperature, bake the chicken at 425 degrees for 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown.
- 5 Remove from the oven, place 1 slice of cheese on top of each chicken breast, then place back in the oven for 1-2 minutes, or till the cheese starts to melt. Done.



- 6 To assemble the sandwiches, (A) spread some of the mashed garlic mixture onto the bottom bun. (B) Then, place one of the hot chicken breasts with melted provolone onto the bun, followed by a scoop of warm marinara sauce. (C) Finally, spread a little bit more of the garlic spread onto the top bun.

NOTES & SUGGESTIONS:

- **POINTS:** Though it says the first serving's is 3 points, that's not really true. That takes into account the ingredients for ALL 4 sandwiches. If you are only making 1, the filling is 2 points. 1 for the breading and 1 for the 1 single slice of ultra thin sliced provolone cheese.
- **CHEESE:** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness.
- **MOZZARELLA:** If you don't want to use provolone cheese, you can use 3 Tbsp of shredded part-skim milk mozzarella cheese per sandwich. The first sandwich will have 3 total points for the filling. 1 for the breading, 2 for the shredded mozzarella.
- **MARINARA:** No, you don't have to use my marinara recipe. Use whatever you want, as long as it's 0 points. Mine is fast, quick and pretty dang good though, for only taking 5 minutes.

