

Little Veron's Recipe

Chicken Parmesan

Tomato sauce:

- 1 ounce sun-dried tomatoes, packed without oil (about 1/4 cup)
- 1 cup boiling water
- 1 teaspoon olive oil
- 2 cups chopped red bell pepper
- 1 cup chopped onion
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced

Chicken:

- 1/4 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon black pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- 1 large egg white, lightly beaten
- 1 tablespoon olive oil
- Cooking spray
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 3 cups hot cooked linguine (about 6 ounces uncooked pasta)

Directions:

- To prepare tomato sauce, combine sun-dried tomatoes and water in a bowl; cover and let stand 30 minutes or until soft. Drain and finely chop tomatoes.
- Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Add sun-dried tomatoes, bell pepper, and onion; sauté 7 minutes.
- Stir in canned tomatoes; bring to a boil.
- Cover, reduce heat, and simmer for 10 minutes. Remove from heat; stir in parsley, basil, vinegar, 1/4 teaspoon black pepper, and garlic.
- Preheat oven to 350°.
- To prepare chicken, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, Parmesan, and 1/4 teaspoon black pepper in a shallow dish.
- Place each breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- Dip each breast half in egg white; dredge in flour mixture.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 5 minutes on each side or until golden.
- Arrange in a 13 x 9-inch baking dish coated with cooking spray.
- Pour the tomato sauce over the chicken.
- Sprinkle with mozzarella.
- Bake at 350° for 15 minutes.
- Serve over linguine.