



## Pan-Fried Chicken Parm



1/2 of recipe (1 cutlet): 258 calories, 6g total fat (4g sat. fat), 684mg sodium, 16.5g carbs, 7g fiber, 1g sugars, 38.5g protein

**Prep:** 20 minutes    **Cook:** 15 minutes



### Ingredients

1/2 cup Fiber One Original bran cereal  
1 1/2 tsp. Italian seasoning, or more to taste  
1/2 tsp. garlic powder, or more to taste  
1/2 tsp. onion powder, or more to taste  
1/8 tsp. salt, or more to taste  
1/4 cup canned tomato sauce with Italian seasonings  
1/4 cup fat-free liquid egg substitute  
Two 4-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness  
1/2 cup shredded part-skim mozzarella cheese  
Optional seasoning: black pepper

### Directions

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl and mix in Italian seasoning, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and salt.

In a small bowl, mix tomato sauce with remaining 1/4 tsp. garlic powder and remaining 1/4 tsp. onion powder.

Place egg substitute in another wide bowl. One at a time, coat cutlets with egg, shake to remove excess, and coat with crumbs.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Lay coated cutlets in the skillet and cook for 4 minutes per side, or until chicken is cooked through.

Evenly spread sauce over chicken cutlets, still in the skillet. Sprinkle with mozzarella cheese.

Reduce heat to low and cover skillet. Cook until cheese has melted, 2 to 3 minutes. Enjoy!

#### MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. \*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.