

Quick & Healthy Dinner Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Chicken Parmesan Sub



Ingredients

½ cup all-purpose flour
½ tsp salt
½ tsp pepper
1 lb boneless, skinless chicken breasts (4 small breasts)
4 tsp extra-virgin olive oil
2 6-oz bags baby spinach
1 cup marinara sauce, low-sodium
¼ cup grated Parmesan cheese
½ cup shredded part-skim mozzarella
4 soft whole-wheat sandwich rolls, toasted

Instructions

1. Position oven rack in top position; preheat broiler.
2. Combine flour, salt and pepper in a shallow dish. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until the chicken is an even 1/4-inch thickness. Dip the chicken in the flour mixture and turn to coat.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, 2 to 3 minutes. Transfer to a small bowl.
4. Add 1 teaspoon oil to the pan. Add half the chicken and cook until golden, 1 to 2 minutes per side. Transfer to a large baking sheet. Repeat with the remaining 1 teaspoon oil and chicken; transfer to the baking sheet.
5. Top each piece of chicken with the wilted spinach, marinara sauce and Parmesan. Sprinkle with mozzarella. Broil until the cheese is melted and the chicken is cooked through, about 3 minutes. Serve on rolls.

Nutritional Info (per serving)		Calories: 472
Fat: 15g		Saturated Fat: 4g
Protein: 40g		Carbohydrates: 48g
Fiber: 5g		Sodium: 837mg

Eating Well. (2006). Chicken parmesan sub. Retrieved from <http://www.eatingwell.com>