

# Skinny Chicken Parmesan

- 1 pound penne pasta, protein pasta or whole wheat
- 1 jar marinara sauce 24 ounce jar, (lower sugar, optional)
- 15 ounces diced tomatoes
- 1 pound boneless and skinless chicken breasts cut into bite size pieces
- 1 cup skim mozzarella cheese shredded
- 1/2 cup Panko bread crumbs, whole wheat
- 1/4 cup grated parmesan cheese
- 1 teaspoon Italian Seasoning optional, ground oregano
- Cook pasta according to the package directions, and drain. Preheat the oven to 375°. In a 9 x 13-inch casserole dish, combine the cooked pasta, marinara, tomatoes, and chicken. Stir well. Cover and bake for 30 minutes.
- In the meantime, combine bread crumbs, parmesan cheese, and seasoning.
- After 40 minutes, remove the casserole and stir in the mozzarella cheese. Sprinkle the breadcrumb mixture evenly over the top. Leave uncovered, return to the oven, and bake an additional 10-15 minutes or until the chicken is cooked through and the top is crispy.