Healthy Chicken Parmesan

This chicken Parmesan variation bakes thin cutlets with a measured breadcrumb coating, marinara and mozzarella. It uses no deep frying and makes no unverified calorie or medical claims.



Prep	Cook	Additional	Total	Servings
15 min	23 min	0 min	38 min	4

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 egg, beaten
- 1/2 cup whole-wheat panko / 30 g
- 1/4 cup finely grated vegetarian hard cheese / 22 g
- 1 teaspoon olive oil / 5 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 3/4 cup marinara sauce / 180 ml
- 1/2 cup shredded part-skim mozzarella / 55 g

Instructions

1. Heat oven to 425°F (220°C) and line a rimmed pan with oven-safe parchment.

2. Flatten cutlets to 1/2 inch, pat dry and season with salt and pepper. Mix panko, hard cheese, garlic powder and oil.

3. Dip chicken in egg, then press into the crumb mixture. Arrange with gaps.

4. Bake 12 to 18 minutes, checking from 12 minutes. Add modest portions of marinara and mozzarella, then bake another 3 to 5 minutes; verify each cutlet reaches 165°F (74°C).

5. Serve promptly, discarding raw egg and crumb leftovers.

Time, Temperature & Doneness

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large pieces for diced chicken or wings. Reheated chicken mixtures and casseroles must reach 165°F (74°C) in the center. Color and stated times are not reliable safety substitutes.

Ingredient Notes & Substitutions

Healthy: Describes the chosen oven method, not a medical claim.

Cheese: Use labels appropriate to dietary needs.

Oil: Mix the measured teaspoon into crumbs.

Tips for Success

Flatten evenly.

Use modest sauce portions.

Check meat separately from melted cheese.

Common Mistakes to Avoid

Assuming no frying means no calories.

Overloading sauce.

Ignoring actual cutlet thickness.

Recipe Variations

Gluten-free: Use appropriate panko.

Herb: Add dried basil to crumbs.

Serving Suggestions

Serve baked cutlets with their modest sauce topping and separately prepared vegetables.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. When starting with cooked chicken or rice, use the oldest ingredient’s original storage deadline; reheating does not restart it.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer but texture declines.

Reheating

Reheat cutlets on an oven-safe rack at 350°F (175°C) until their centers reach 165°F (74°C). Microwave reheating softens the crust. Warm sauce separately where possible.

Frequently Asked Questions

Is it low calorie?
No calculated calorie claim is supplied.

Can I use a whole egg?
A whole beaten egg is specified.

Why is coating pale?
Oven browning varies; doneness still depends on temperature.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - baked cutlet and cheese-topping reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill