

Parmesan Chicken Sandwich

Ingredients

- 2-1/2 tbsp onions
- 1 tsp garlic
- 2-2/3 cups tomato sauce, low sodium
- 1/2 cup tomato paste, no salt added
- 1/2 tsp pepper
- 1/3 cup oregano
- 1 tsp thyme
- 4 whole grain breaded chicken breasts
- 1/4 cup parmesan cheese, fat free
- 1 cup shredded mozzarella cheese, low fat
- 4 whole grain buns

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 530 calories, 20.07 g fat, 4.66 g saturated fat, 933 mg sodium, 61.88 g carbohydrate, 11.83 g fiber, 12 g sugar, 30.86 g protein

Directions

1. Mince onions and garlic and cook on medium heat until onions start to turn translucent, about 1 minute.
2. Add tomato products and herbs and simmer for 25 minutes. Adjust taste with more herbs if needed.
3. Place chicken breasts on a 9 x 13 inch tray lined with parchment paper and bake in 350° F oven for 15 minutes or until internal temperature reaches 165° F.
4. Remove from oven and sprinkle with parmesan and mozzarella cheese. Place back in oven for a few minutes to melt cheese.
5. To serve, place chicken breast and 2 oz of marinara sauce on each bun.