

Healthy Harvest® Pasta Sauce Weeknight Chicken Parm with Penne

Preparation Time: 10 minutes

Cooking time: 25 minutes

Servings: 4



Enjoy a lighter version of everyone's favourite Italian dinner any night of the week.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Vegetable Medley**

1 cup (250 mL) fresh breadcrumbs

1/2 cup (125 mL) shredded mozzarella cheese

1/4 cup (60 mL) chopped fresh parsley

4 boneless, skinless chicken breast

1/2 tsp (2 mL) each salt and pepper

1 tbsp (15 mL) canola oil

1 box (375 g) penne rigate, cooked and drained

Instructions

1. Preheat the oven to 400°F (200°C). Toss the breadcrumbs with the mozzarella and parsley; set aside. Season the chicken breast all over with salt and pepper. Heat the oil in a large, nonstick ovenproof skillet set over medium heat. Add the chicken and cook for 5 minutes per side or until golden.

2. Spoon 1 cup (250 mL) pasta sauce over the chicken breasts and sprinkle with the breadcrumb mixture. Transfer to the oven and bake for 20 minutes or until golden and cooked through. Serve with penne tossed with the remaining warm pasta sauce.

Nutritional Information per serving:

591 calories, 9 g fat, 2.5 g saturated fat, 55 mg cholesterol, 746 mg sodium, 91 g carbohydrates, 12 g fibre, 12 g sugar, 37 g protein.



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