Baked Chicken Parmesan

*Hands-On Prep* 15 MIN  
*Cook* 15 MIN  
*Serves* 4

1. Preheat the oven to 400°F. Spray a 1-quart shallow baking dish with nonstick spray.

2. Beat the egg and water in a shallow bowl. Combine the bread crumbs, parsley, cheese, and pepper on a sheet of wax paper.

3. Dip 1 piece of chicken into the egg mixture. Then dip both sides into the bread-crumb mixture, shaking off the excess. Place the chicken in the baking dish. Repeat with the remaining pieces of chicken. Discard any leftover egg mixture and bread-crumb mixture. Bake the chicken until golden and cooked through, about 15 minutes.

**PER SERVING** (1 piece of chicken): 210 Cal, 6 g Fat, 2 g Sat Fat, 0 g Trans Fat, 119 mg Chol, 239 mg Sod, 7 g Carb, 1 g Fib, 29 g Prot, 111 mg Calc. **POINTS** value: 5.

**How We Did It** Chicken breasts need to be uniformly thin to cook evenly and quickly. We buy chicken cutlets to save time, or we pound our own skinless boneless chicken-breast halves. To pound, lay a breast between 2 sheets of plastic wrap or put it in a partially sealed zip-close plastic bag (if you seal the bag completely, it will pop). Use a mallet or heavy skillet to pound each breast to a thickness of about ¼ inch.

1 large egg  
1 tablespoon water  
⅓ cup plain dried bread crumbs  
⅛ cup chopped flat-leaf parsley  
3 tablespoons grated Parmesan cheese  
⅛ teaspoon freshly ground pepper  
4 (¼-pound) chicken cutlets