Baked Chicken Parmesan

Printable grocery list · Serves 4

FOR THE CHICKEN

- [ ] 4 boneless skinless chicken breasts
- [ ] Olive oil cooking spray
- [ ] 1 tsp olive oil
- [ ] 1 1/2 tsp dried Italian seasoning
- [ ] Salt and pepper

FOR THE TOMATO SAUCE

- [ ] 2 cups tomato sauce (low sodium)
- [ ] 1 tsp olive oil
- [ ] 3 garlic cloves
- [ ] 1/2 tsp dried oregano
- [ ] Sugar substitute, to taste

FOR THE CHEESY TOPPING

- [ ] 1 cup fat-free (or part-skim) mozzarella
- [ ] 1/4 cup reduced-fat grated parmesan
- [ ] Fresh herbs (optional)