

Baked Chicken & Zucchini

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Adapted from Taste of Home Magazine

Blue: 8 points

Purple: 8 points

Green: 10 points

- 1 large egg
- 1 Tbsp water
- 3/4 tsp salt, divided
- 1/8 tsp pepper
- 3/4 cup dry bread crumbs
- 4 boneless, skinless chicken breasts
- 3 Tbsp olive oil, divided
- 5 medium zucchini, sliced
- 4 medium tomatoes, sliced
- 1 cup part skim mozzarella, shredded, divided
- 2 tsp minced fresh basil

1. In a shallow bowl, beat egg, water, 1/2 tsp salt and the pepper. Set aside 2 Tbsp. bread crumbs. Place remaining crumbs in a large shallow dish. Dip the chicken into egg mixture, then place in crumbs and turn to coat.
2. In a large skillet, cook the chicken in 2 Tbsp oil until golden brown, 2-3 minutes on each side; remove and set aside. In the same skillet, sauté zucchini in remaining

oil until crisp tender; drain. Transfer to a greased 13×9 baking dish.

3. Sprinkle the reserved bread crumbs over the zucchini. Top with tomato slices; sprinkle with 2/3 cup of mozzarella cheese, basil and the remaining salt. Top with chicken. Cover and bake at 400° until a thermometer reads 170° about 25 minutes. Uncover; sprinkle with remaining cheese. Bake until cheese is melted, about 10 minutes.

Main Course
Chicken