

CHICKEN PARMESAN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	7 g	38 g	8 g	100 mg	319 mg	178 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY, NONSTICK
 CHEESE,MOZZARELLA,PART SKIM
 SAUCE,PIZZA,CANNED
 BASIL,SWEET,WHOLE,CRUSHED
 PEPPER,BLACK,GROUND
 OREGANO,CRUSHED
 GARLIC POWDER
 CHEESE,PARMESAN,GRATED

Weight

31-1/4 lbs
 2 oz
 3 lbs
 16-7/8 lbs
 1/2 oz
 1/4 oz
 1/2 oz
 1/8 oz
 7 oz

Measure

1/4 cup 1/3 tbsp
 1 gal 3 qts
 3-1/3 tbsp
 1 tbsp
 3-1/3 tbsp
 1/4 tsp
 2 cup

Issue

Method

- 1 Wash chicken breasts thoroughly under cold running water. Drain well.
- 2 Place chicken breasts in each lightly sprayed sheet pan.
- 3 Lightly spray chicken breasts in each pan with cooking spray.
- 4 Using a convection oven, bake 8 to 10 minutes at 325 F. on high fan, closed vent.
- 5 Place 1 oz mozzarella cheese on each chicken breast.
- 6 Add herbs to sauce; stir. Ladle about 1/4 cup of sauce over each chicken breast.
- 7 Sprinkle about 1/3 cup parmesan cheese evenly over chicken breasts in each pan.
- 8 Using a convection oven, bake at 325 F. an additional 4-6 minutes cheese melts on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.