GRILLED CHICKEN PARMESAN

INGREDIENTS:

4 EACH	CHICKEN BREAST
½ TEASPOON	OLIVE OIL (FOR COATING THE GRILL)
2 OUNCES	MARINARA SAUCE
2 TABLESPOONS	PARMESAN CHEESE, SHREDDED
2 TABLESPOONS	MOZZARELLA CHEESE, SHREDDED
2 TEASPOONS	ONION POWDER
2 TEASPOONS	GARLIC POWDER
¼ TEASPOON	SALT
½ TEASPOON	BLACK PEPPER, GROUND
1 TABLESPOON	ITALIAN SEASONING

METHOD:

- Preheat grill.
- Preheat oven at 400 degrees.
- In a bowl combine chicken breast, onion powder, garlic powder, salt, pepper, and Italian seasoning. Evenly coat chicken breast with seasonings.
- Spray or coat grill with olive oil.
- Place chicken on grill. Cook chicken about 4 minutes per side.
- Remove chicken from grill and place on a sheet tray.
- Spoon 1 tablespoon of marinara and 1/2 tablespoon of parmesan, ½ tablespoon of mozzarella cheese on each chicken breast.
- Bake chicken in the oven for 4-5 minutes or until the internal temperature has reached 160 degrees. Allow to rest for about 5 minutes and carry over cook to 165 degrees.

Serves: 4
Serving Size: 4 ounces
Calories: 180
Fat: 5 gm **Sodium:** 270 mg **Carbohydrates:** 6 gm **Protein:** 28 gm **Fiber:** 1 gm