Marinara Sauce

Ingredient List

½ tablespoon extra-virgin olive oil [60 calories]
1 large yellow onion, diced
7 garlic cloves, minced
1 teaspoon salt
1 teaspoon crushed red pepper flakes
1 tablespoon dried basil
2 28-ounce cans of tomato puree [780 calories]
½ cup water

Recipe

Makes about 6 ½ cups
Calories per cup: 110

Heat a large Dutch oven or pot over medium-high heat, and then add the olive oil. Add the onion and garlic, and then season with salt and crushed red pepper, mixing well to combine. Cook until the onions become translucent, about 5 minutes.

Add the tomato puree and water, bring to a simmer. Cover the pot, reduce the heat to low, and allow to simmer slowly for 25 minutes.

Remove the lid, taste, and adjust for seasoning. Allow sauce to continue simmering for another 5 minutes, uncovered. Remove sauce from the Dutch oven and set aside to cool.
**Grilled Chicken Parmigiano**

**Ingredient List**
2 boneless, skinless chicken breasts, halved and pounded thin (~1 lb. total weight) [400 calories]
Salt and freshly ground black pepper
Nonstick olive oil cooking spray
2 cups of Marinara Sauce (recipe above) [220 calories]
1 can (14.5 ounces) diced tomatoes (feel free to get fancy with fresh or flavored tomatoes) [105 calories]
½ tablespoon dried basil
1 cup shredded mozzarella cheese [340 calories]
6 tablespoons grated Parmesan cheese [180 calories]
½ cup panko breadcrumbs [90 calories]

**Recipe**

*Serves 4*

Calories per serving: 334

Pre-heat the oven to 400 degrees F. Spray a large casserole dish with the nonstick cooking spray.

Heat a grill pan over medium-high heat. Slice the chicken breasts down the middle to obtain four, thin fillets. Cover the chicken breasts with plastic wrap, and use a mallet to pound them a little bit thinner. Season well with salt and pepper. Grill the chicken breasts until they are just cooked through, about 1 ½ minutes per side.

Spread 1 cup of the marinara sauce in the bottom of the casserole dish. Arrange the grilled chicken breasts on top of the sauce, cover the breasts with the other cup of sauce, then scatter the tomatoes on top. Sprinkle entire dish with the basil, mozzarella, and parmesan cheese.

Bake the chicken for 10-12 minutes, or until the cheese on top begins to bubble and turn brown. Remove the casserole dish from the oven, and then sprinkle the cooked breasts with the panko breadcrumbs. Garnish with a bit more basil if desired.