



Chicken Parmesan Sub



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

- 1/4 cup **Food Club** all-purpose flour
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 1 lb boneless, skinless chicken breasts (2 large breasts cut into 4 portions or 4 small breasts)
- 2 Tbsp **Crisco** light olive oil, divided
- 1 - 9 oz bag **Dole** spinach
- 1 cup Food Club Chunky Garden Combination Pasta Sauce
- 1/4 cup grated Parmesan cheese
- 1/2 cup shredded part-skim mozzarella
- 4 **Sara Lee** Heart Healthy 100% Whole Wheat buns, toasted

NUTRITIONALS

Nutritional analysis per serving:
 calories 450, calories from fat 160,
 total fat 17g, saturated fat 5g,
 cholesterol 75mg, sodium 920mg,
 total carbohydrate 41g, dietary
 fiber 7g, sugars 4g, protein 35g,
 vitamin A 50%, vitamin C 25%,
 calcium 30%, iron 25%

Tip: Refrigerate leftover pasta sauce for up to 1 week or freeze for up to 3 months.

DIRECTIONS:

1. Position oven rack in top position; preheat broiler.
2. Combine flour, salt and pepper in a shallow dish. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until the chicken is an even 1/4-inch thickness. Dip the chicken in the flour mixture and turn to coat.
3. Heat 2 tsp oil in a large nonstick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, about 2 minutes. Transfer to a small bowl.
4. Add 2 tsp oil to the pan. Add half the chicken and cook until golden, 1-2 minutes per side. Transfer to a large baking sheet. Repeat with the remaining 2 tsp oil and chicken; transfer to the baking sheet.
5. Top each piece of chicken with the wilted spinach, pasta sauce and Parmesan. Sprinkle with mozzarella. Broil until the cheese is melted and the chicken is cooked through, about 2-3 minutes. Serve on rolls.

Source: adapted from eatingwell.com

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1-9 oz bag Dole spinach

MEAT/POULTRY/SEAFOOD:

- 1 lb boneless, skinless chicken breasts

DAIRY:

- Parmesan cheese
- 4 oz shredded part-skim mozzarella

WHOLE GRAINS/ BREADS/PASTA:

- 1 pkg Sara Lee Heart Healthy 100% Whole Wheat buns

SPICES/SEASONINGS:

- Salt
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club all-purpose flour
- Crisco light olive oil
- 1 jar Food Club Chunky Garden Combination Pasta Sauce

FOLD