

## Stuffed Chicken Parmesan

1 cup boiling water  
8 sun-dried tomatoes, without oil  
1 tbsp. water  
2 egg whites  
2/3 cup Italian bread crumbs, dry  
1/3 cup all-purpose flour  
1/4 cup Parmesan cheese, fresh, grated  
1/4 tsp. pepper  
4 oz. chicken breast, boneless skinless, halves  
2 oz. Parmesan cheese, very thinly sliced  
2 tsp. capers (optional)  
Vegetable cooking spray  
2 cups angel hair pasta, cooked (keep warm)  
3 cups chunky tomato sauce

Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until softened. Drain tomatoes, and set aside. Preheat oven to 400°F. Combine 1 tbsp. water and egg whites in a shallow bowl; stir well, and set aside. Combine breadcrumbs, flour, grated cheese, and pepper in a shallow dish; stir well, and set aside.

Cut a horizontal slit through thickest portion of each chicken breast half and form a pocket. Stuff 2 sun-dried tomatoes, 1 slice of cheese, and ½ tsp. capers into each pocket, and close opening with a wooden pick. Dip each breast half in egg-white mixture; dredge in breadcrumb mixture.

Place chicken on a baking sheet coated with cooking spray, and bake for 15 minutes. Turn chicken over, and lightly coat with vegetable cooking spray. Bake an additional 10 minutes or until done. Discard wooden picks. Place ½ cup pasta on each of 4 plates, and top with stuffed chicken. Spoon ¾ cup chunky tomato sauce over each serving. Makes 4 servings.

Nutrition information per serving: calories 583; protein 49 grams; fat 13 grams; sodium 2062 mg