

Low-Glycemic Baked Chicken Parmesan

Crispy herb-crusted chicken topped with marinara and melted mozzarella—a blood sugar-friendly Italian classic that won't spike your glucose levels.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 4

GL 11.8 / GI 43

Ingredients

4 pieces, 4 ounces each boneless, skinless chicken breasts

egg whites

panko breadcrumbs

grated Parmesan cheese

dried basil

dried oregano

garlic powder

onion powder

reduced-sodium marinara sauce

shredded part-skim mozzarella cheese

Instructions

Step 1

Preheat your oven to 375°F (190°C). Prepare a large baking sheet by coating it generously with cooking spray or lining it with parchment paper to prevent sticking.

Step 2

Place each chicken breast between two sheets of plastic wrap or parchment paper. Using a meat mallet or rolling pin, gently pound the chicken to an even 1/4-inch thickness throughout. This ensures uniform cooking and creates a tender texture.

Step 3

Set up your breading station with two shallow bowls. In the first bowl, lightly whisk the egg whites until slightly frothy. In the second bowl, combine the panko breadcrumbs, grated Parmesan cheese, dried basil, dried oregano, garlic powder, and onion powder, mixing thoroughly to distribute the herbs evenly.

Step 4

Working with one chicken breast at a time, dip it into the egg whites, allowing excess to drip off. Then press both sides firmly into the seasoned breadcrumb mixture, ensuring an even coating adheres to the entire surface. Place the breaded chicken on the prepared baking sheet, spacing pieces at least 1 inch apart.

Step 5

Bake the chicken in the preheated oven for 15 to 20 minutes, or until the coating turns golden brown and crispy and the internal temperature reaches 165°F when checked with a meat thermometer inserted into the thickest part.

Step 6

Remove the baking sheet from the oven. Spoon approximately 1/2 cup of reduced-sodium marinara sauce over each chicken breast, then sprinkle 2 tablespoons of shredded part-skim mozzarella cheese on top of each piece.

Step 7

Return the baking sheet to the oven for an additional 3 to 5 minutes, just until the mozzarella cheese melts and becomes bubbly. Serve immediately with a large portion of non-starchy vegetables or a fresh green salad for optimal blood sugar control.