**Slow-Cooker Chicken Parmesan**

Ingredients

1/2 cup seasoned bread crumbs

1/2 cup grated Parmesan cheese

1/2 teaspoon Italian seasoning

1/2 teaspoon pepper

1/4 teaspoon salt

1 large egg, lightly beaten

1 tablespoon water

4 (6 ounces each ) boneless skinless chicken breast halves

1 jar (24 ounces) marinara sauce

4 slices part-skim mozzarella cheese

Hot cooked pasta, optional

Directions

In a shallow bowl, combine bread crumbs, Parmesan cheese, Italian seasoning, pepper and salt. In another bowl, combine egg and water. Dip chicken in egg mixture, then in crumb mixture to coat both sides, patting to help coating adhere.

Transfer chicken to a 4- or 5-qt. slow cooker. Pour sauce over chicken. Cook, covered, on low for 4-6 hours or until a thermometer inserted in chicken reads 165°. Top with cheese, recover, and cook for 10-15 minutes, until cheese is melted. If desired, serve with hot cooked pasta.

Test Kitchen tips

Serve alongside sautéed broccoli rabe or a fresh green salad.

Top with fresh basil before serving.

Nutrition Facts

1 serving: 475 calories, 17g fat (7g saturated fat), 171mg cholesterol, 1689mg sodium, 27g carbohydrate (11g sugars, 4g fiber), 50g protein.