

## CHICKEN ROMANO

---

### INGREDIENTS

---

4 skinless, boneless chicken breast halves  
(1 1/4 to 1 1/2 pounds total)  
1 egg white  
1 tablespoon water  
1 1/4 cups cornflakes, crushed (about 1/2  
cup)  
2 tablespoons grated Romano cheese  
1/2 teaspoon dried Italian seasoning, basil  
or oregano, crushed  
4 ounces dried multi-grain spaghetti  
1 1/3 cups DeNunzio's Spaghetti Sauce  
1 pound Shaved or grated Romano  
cheese  
1 bunch Snipped fresh Italian (flat-leaf)  
parsley

### BASICS

---

Active: 20 mins  
Total: 40 mins  
Servings: 4

## DIRECTIONS

---

- **Step 1**
  - Preheat oven to 400 degrees F. Lightly coat a 15x10x1-inch baking pan with nonstick cooking spray or line with foil and coat with cooking spray; set aside. Place each piece of chicken between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly until about 1/2 inch thick. Remove plastic wrap. Set aside.
- **Step 2**
  - In a shallow dish use a fork to beat together egg white and the water. In another shallow dish combine crushed cornflakes, the 2 tablespoons grated cheese, the Italian seasoning and 1/8 teaspoon ground black pepper. Dip chicken pieces, one at a time, into egg mixture; dip into cornflake mixture, turning to coat. Place coated chicken in the prepared baking pan.
- **Step 3**
  - Bake about 18 minutes or until chicken is tender and no longer pink. Meanwhile, cook spaghetti according to package directions; drain. In a small saucepan cook pasta sauce until heated through, stirring occasionally.
- **Step 4**
  - To serve, divide cooked spaghetti among four serving plates. Top with chicken and pasta sauce. If desired, sprinkle with additional cheese and/or parsley.