



## Nutrition tips from Carol Kur, MSRD

### Quick Links

- [Franchising Information](#)
- [More About Us](#)
- [Locations](#)
- [Our Store](#)

## Chicken Parm alla PTI!

**Here is PTI's recipe for a healthier, lower cal choice than the regular chicken parmesan!**

3 ounces Chicken, roasted (try Perdue thin cut chicken cutlets)

1 oz Fat Free Pamesan Cheese

1/2 cup Healthy Choice Traditional Pasta Sauce

Serve over 1 cup Spaghetti Squash, boiled

Total Calories: 374

Carbs: 35

Yummy!

Would you like to own your own PTI franchise?  
Call Cliff Nonnenmacher, VP of Franchise Development

516.342.9064 ext 17

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