



RELAX! ... IT'S JUST DINNER.



Crispy Parmesan Chicken

Serves: 4

Cook Time: 30 minutes

Shopping list:

1/2 Cup Grated Parmesan Cheese
1/2 Cup Whole Wheat Bread Crumbs
1 Egg
2 tsp. Dijon Mustard
4 Boneless, skinless Chicken Breasts
1/2 tsp. Garlic Salt
Chopped Parsley to garnish

Recipe:

1. Preheat oven to 375 degrees. Spray baking sheet with nonstick cooking spray.
2. Combine the Parmesan and bread crumbs on a plate.
3. Beat egg and mustard in a bowl.
4. Season the chicken with the garlic salt (and pepper, if you want to). Dip each chicken breast into the egg mixture, and then coat with the bread crumb mixture.
5. Place chicken on baking sheet. Bake 20-25 min., until chicken is golden brown and cooked through. Sprinkle chopped parsley over chicken and serve.