

Oven Chicken Parmesan

Nonstick cooking spray
4 chicken breasts (about 1 pound)
2 tablespoons fat free mayonnaise or salad dressing
 $\frac{1}{4}$ cup Italian bread crumbs (or crushed corn flake crumbs)
 $\frac{1}{4}$ cup parmesan cheese, grated
 $\frac{1}{2}$ teaspoon paprika

Makes 4 portions, 1 chicken breast each

Per portion

Calories:	186
Carbohydrate:	6 grams
Protein:	30 grams
Fat:	4 grams
Saturated fat:	2 grams
Cholesterol:	71 milligrams
Sodium:	358 milligrams
Dietary fiber:	0

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1. Preheat oven to 350°.
 2. Coat baking pan with cooking spray.
 3. Skin chicken if not using skinless chicken. Coat each piece of chicken with a light film of mayonnaise or salad dressing.
 4. Combine bread or corn flake crumbs, cheese, and paprika.
 5. Roll chicken pieces into crumb mixture to coat.
 6. Place in baking pan. Bake uncovered at 350° for about 30 minutes or until chicken is no longer pink on the inside. If using breasts with bone in, chicken will need to be cooked for longer time.