

Crunch and Munch Chicken Breast

What You'll Need

- 4 skinless chicken breasts, with bone
- 1 cup plain low-fat yogurt
- 1 cup plain bread crumbs
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground ginger
- 1 teaspoon ground mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley

Serves 4

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Coat the chicken with the plain yogurt and set aside.
- 3 In a medium bowl, mix together the breadcrumbs and all the spices.
- 4 Roll each yogurt-covered chicken breast in the seasoned breadcrumbs.
- 5 Cover a cookie sheet with foil and spray with cooking spray. Place chicken bone-side down onto prepared cookie sheet.
- 6 Bake for 45 minutes. Make sure a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.

Nutrition Facts

Serving Size (208g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 930mg	39%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 34g	
Vitamin A 6%	• Vitamin C 4%
Calcium 15%	• Iron 15%

