

## Oven-Fried Parmesan Chicken

### Serves 2

#### Ingredients

1 (6-8 oz.) boneless skinless chicken breast, cut into strips  
 ¼ c. nonfat plain yogurt  
 ¼ c. breadcrumbs  
 1 Tbsp. grated Parmesan cheese  
 ½ Tbsp. flour  
 ¼ tsp. paprika  
 Pinch of cayenne pepper  
 Cooking spray

#### Equipment

Cookie sheet  
 Medium bowl  
 Small bowl  
 Measuring cups and spoons

#### Directions

1. Preheat the oven to 450°F. And spray cooking sheet.
2. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients.
3. In small bowl, mix remaining ingredients.
4. Coat each piece of chicken with yogurt and dredge in crumbs mixture, pressing down on both sides to get a coating of crumbs.
5. Place chicken strips on cookie sheet, spray lightly with cooking spray.
6. Bake for 15-20 minutes or until chicken is tender and juice runs clear, or to the safe internal temperature of 165°F.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>3 oz (131g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Total Sugars</b> 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	<b>0%</b>
Calcium 113mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 321mg	<b>6%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

