

Oven “Fried” Chicken

Recipe courtesy of *Diane's Daily Dish!*

Ingredients:

46 Skinless, boneless chicken breasts; lightly pounded
1 cup plain lowfat yogurt
2 tsp. low sodium soy sauce
1C Panko bread crumbs or any favorite bread crumbs
1/2 cup parmesan cheese
1/2 tsp. garlic powder
1 tsp. dried parsley
A pinch freshly ground black pepper
Olive oil spray

Directions:

Preheat oven to 350°.

Whisk yogurt and soy sauce together in a small bowl and pour onto a large platter or baking sheet

Combine next five ingredients together (bread crumbs through black pepper) and pour onto a large platter or baking sheet.

Dip chicken breast in yogurt, then coat with the bread crumbs.

Place on baking sheet sprayed with olive oil.

Repeat with remaining chicken breast.

Spray tops with olive oil.

Bake uncovered for 25 – 35 minutes until done.

Enjoy!