

Using Herbs and Spices (continued)

Oven Fried Italian Chicken

Yield: 4 servings

- Vegetable oil spray
- 3/4 cup Plain dry bread crumbs
- 4 Tbsp. Parmesan cheese
- 3 Tbsp. Flour
- 1 Tbsp. Paprika
- 1 tsp. Italian seasoning*
- 1 tsp. Onion powder
- 1 tsp. Garlic powder
- 1/8 tsp. Cayenne pepper
- 1 cup Nonfat plain yogurt
- 4 Boneless, skinless chicken breast halves

Nutrition Facts	
Serving Size (210g)	
Servings Per Container 4	
Amount Per Serving	
Calories 290	Calories from Fat 40
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	8%
<i>Trans Fat .03g</i>	
Cholesterol 75mg	25%
Sodium 360mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 36g	
Vitamin A 25%	Vitamin C 10%
Calcium 20%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Preheat oven to 450°F.
2. Lightly spray a baking sheet with vegetable oil.
3. Mix bread crumbs, cheese, flour, paprika, Italian seasoning, onion powder, garlic powder, and cayenne in a resealable plastic bag.
4. Spoon yogurt into a medium bowl; dip chicken pieces into yogurt.
5. Place one piece of chicken into bag and shake to coat with seasoning; repeat with remaining chicken pieces.
6. Place chicken on prepared baking sheet.
7. Lightly spray the top of chicken with vegetable oil.
8. Bake 20 minutes, or until chicken is fork tender and juices run clear.

* Italian seasoning is a blend of herbs such as marjoram, thyme, rosemary, savory, sage, oregano, and basil.

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