

Parmesan Breaded Chicken

6 oz	Chicken Breast, boneless (one medium)
1/3 cup	Bread crumbs, seasoned
2 tsp	Parmesan Cheese, grated
1 Tbsp	Flour, all purpose
1/4 tsp	Oregano
1 Tbsp	Garlic salt
1/8 tsp	Onion powder
1/4 cup	ReddiEgg Real Egg Product



Pound chicken breast to 1/4 inch, cut into two pieces. Mix together bread crumbs, parmesan cheese, flour and spices together in a bowl. Dip chicken into Egg Product and coat with crumb mixture. Place in a baking dish coated with nonstick cooking spray. Cover and refrigerate two hours. Bake, uncovered, at 325 degrees for 1/2 hour or until juices run clear. **Makes 2 servings.**

Calories = 214

Fat = 2.2 grams

Cholesterol = 51 milligrams