

Crumble Coated Chicken Recipe



Serve this encrusted chicken [Protein] with two portions of slow carbs (e.g., broccoli, asparagus, bell peppers, etc) to make a fat burning meal. This easy to create recipe offers you a twist to your culinary skills. Enjoy!

Ingredients:

- 4 (5 oz) boneless, skinless chicken breasts
- 1/4 cup whole wheat breadcrumbs (Ian's® is our preferred brand)
- 1/4 cup parmesan cheese
- 1/4 cup fresh parsley
- 1/4 TBSP poultry seasoning
- 1/4 TBSP paprika
- 1/4 tsp garlic powder
- 1/2 cup onions, diced small
- Nonstick cooking spray

Method:

Combine all ingredients, except onions, in a small bowl and blend well. Sauté onions in a skillet with nonstick cooking spray then add to crumb mix. While mixing add water until thick.

Evenly spread mixture over each chicken breast. Bake at 400° for about 20-30 minutes or until done.

Serves: 4

Approximate nutritional analysis per serving: 189.7 calories (29.9 grams of protein, 8.4 grams of carbohydrates, 4.7 grams of fat, 1.3 grams of fiber).


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