

Oven 'Fried' Chicken



Preparation time: 15 minutes

Baking time: 20-25 minutes

1/3 cup dry unseasoned bread crumbs

2 teaspoons sesame seeds

1½ tablespoons grated Parmesan cheese

¼ cup fat-free mayonnaise (not salad dressing mayonnaise)

¼ teaspoon salt

1/8 teaspoon garlic powder

2 dashes cayenne pepper

¼ teaspoon poultry seasoning

4 (4 ounces each) boneless,

skinless chicken breast halves

Cooking spray

Preheat oven to 425 degrees.

Place bread crumbs, sesame seeds and Parmesan cheese in a large zip-top bag and shake gently to combine.

In a small bowl, whisk together mayonnaise, salt, garlic powder, cayenne pepper and poultry seasoning. Using a pastry brush, coat both sides of each piece of chicken with the mayonnaise mixture. Place chicken, one piece at a time, into the bread crumb mixture in the zip-top bag, seal and shake

to coat chicken well. Transfer chicken to a foil-lined baking sheet coated with cooking spray. Spray chicken evenly with cooking spray.

Bake for 20 to 25 minutes or until juices run clear and chicken is no longer pink in the center.

Yield: 4 servings

Serving size: 1 chicken breast half

Nutrition Facts:

Per serving:

Calories: 238

Carbohydrate: 9 g

Protein: 37 g

Fat: 6 g

Saturated fat: 2 g

Sodium: 446 mg

Fiber: 1 g

Exchanges per serving:

5 very lean meat, ½ starch, 1 fat
Carbohydrate choices: ½

Recipe developed by Tami Ross, Diabetes Nutrition Specialist & Certified Diabetes Educator, Lexington, KY.