



YOGURT CHICKEN

Basic Lifestyle

Ingredients

- 4 5-oz. skinless, boneless chicken breasts
- 1 6-oz. container "plain" low-fat yogurt
- 1 lemon, juiced
- 1 cup Kellogg's corn flake crumbs
- ½ TSP garlic powder
- pinch of salt, to taste
- cooking spray
- 1 TBS chopped fresh parsley

Instructions

1. Preheat oven to 350°.
2. Place yogurt in small bowl and stir until creamy smooth. Add lemon juice and stir together. (Important: If you do not stir the yogurt first, the lemon juice will make the yogurt curdle.)
3. In a separate shallow dish or bowl, combine the bread crumbs, garlic powder and pinch of salt to taste; mix together.
4. Coat a 9 x 13 baking dish with the cooking spray. Rinse chicken breasts and pat dry. Dip each breast in the lemon and yogurt mixture, then in the corn flake crumbs (coating completely, but not heavily). Place coated chicken in the baking dish.
5. Spray breaded chicken lightly with cooking spray. Sprinkle with chopped parsley and bake in the preheated oven for one hour. Let cool for 5 to 10 minutes before serving.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast = 1 P, ½ M, ½ G