



## YOGURT CHICKEN

Basic Lifestyle

### **INGREDIENTS**

- 4 skinless, boneless chicken breasts
- 1 (6 ounce) container plain low-fat yogurt
- 1 lemon, juiced
- 1 cup seasoned bread crumbs or panko
- ½ TSP garlic powder
- salt to taste
- ¼ cup butter
- 1 TBS chopped fresh parsley

### **INSTRUCTIONS**

—Preheat oven to 350°.

—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.)

—In separate shallow dish or bowl, combine bread crumbs, garlic powder and pinch of salt to taste; mix.

—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 bread crumbs (coating completely, but not heavily). Place coated chicken in the baking dish.

—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.

**SERVING INFO:** (Yields 4 servings)

1 chicken breast = 1 P, ½ G