



Water
1 Tbsp water

Crispbread

1/3 cup finely crushed whole-grain crispbread (lowest sodium available)



Cooking spray



Chicken breasts

4 boneless, skinless chicken breasts (about 4 oz each), all visible fat discarded, flattened to 1/4-inch thicknesses



Parmesan

1/3 cup shredded or grated parmesan cheese

Olive oil

2 tsp olive oil



Egg

1 large egg



Oregano

1/4 tsp ground oregano



Parsley

2 Tbsp minced fresh parsley



Pepper

1/4 tsp pepper



Ingredients

Baked Parmesan Chicken



Directions

Baked Parmesan Chicken





Amount per serving
280 Calories



Baked Parmesan Chicken



Preheat the oven to 400°F
Lightly spray a 13 x 9 x 2-inch
baking dish with cooking spray.

Directions





Baked Parmesan Chicken



In a shallow dish,
whisk together the egg, water

Directions





Amount per serving
280 Calories



Baked Parmesan Chicken



In a separate shallow dish or pie pan,
stir together the remaining ingredients
except the chicken.

Directions



Diabetes
360°



Baked Parmesan Chicken



Dip the chicken in the egg mixture,
then in the crumb mixture.

Directions





Baked Parmesan Chicken



Turning to coat at each step
and gently shaking off any excess.
Arrange the chicken in a single layer
in the baking dish.
Lightly spray the chicken with
cooking spray

Directions

Diabetes
360°



Amount per serving
280 Calories



18-15
MIN

Baked Parmesan Chicken

Bake for 15–18 minutes, or until the chicken is no longer pink in the center & the top coating is golden brown.



Directions



Diabetes
360°