

BAKED & BREADED CHICKEN



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Ingredients

Yield: 8

- 3/4 c crushed cornflakes
- 3/4 c grated Parmesan cheese
- 1 (1 ounce) package ranch salad dressing mix
- 8 (4 ounce) skinless, boneless chicken breast halves
- 1/2 c best life or smart balance butter, melted

Directions

1. In a shallow bowl, combine the cornflakes, parmesan cheese and salad dressing mix.
2. Dip chicken in butter lightly, then roll in cornflake mixture to coat.
3. Spray pam on 13-in. x 9-in. x 2-in. baking dish and place chicken.
4. Bake, uncovered, at 350 degrees for 45 minutes or until chicken juices run clear.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz breast	232	10 g	24 g	10 g	877 mg

Carbohydrate Exchanges: 1/2