

Melt in Your Mouth (MIYM) Chicken Breast

By Shelly from cookiesandcups.com

Serves 6 (easy to cut in half)

Ingredients:

3 pounds boneless chicken breast, trim excess fat
1 cup low fat sour cream
2 teaspoons garlic powder
1 teaspoon seasoned salt
½ teaspoon fresh ground pepper
1 ½ cups freshly grated Parmesan cheese

Instructions:

- Preheat oven 375 degrees
- Lightly coat 9X13 baking dish with nonstick spray. Set aside
- In medium bowl, mix sour cream, garlic powder, seasoned salt, pepper and 1 cup parmesan cheese
- Place chicken breasts evenly apart in baking dish. Spread and cover with sour cream mixture.
- Sprinkle with remaining Parmesan cheese
- Bake 25 to 30 minutes or until cooked through
- Turn oven on BROIL, place under the broiler for 2-3 minutes as lightly browned on top.
- Serve immediately.

Nutrition Information: 1/6 of recipe

Calories: 321 Carbohydrates: 3.2g Protein: 46g Fat: 12.6g

Written by Laurie Zirilli RD, contract registered dietitian for Oneida County Office for the Aging. Oneida County OFA provides nutrition counseling and education for the aging. Questions about services and programs for older adults and caregivers, including the Senior Nutrition Program, should call Oneida County Office for the Aging at (315) 798-5456.