

Want to cut more calories and fat in just one meal? Then try our healthier version of fried chicken! We use skinless chicken breasts and bake them instead of fry. Our recipe is also much lower in cholesterol and sodium than traditional fried chicken recipes.

Ingredients:

- 6 skinless chicken breasts, trimmed of fat
- ¼ cup whole wheat flour
- ¼ cup Italian bread crumbs
- 1 tsp dry mustard
- 1 tsp garlic powder
- ½ tsp oregano
- ½ tsp parsley
- ½ cup egg substitute

Preparation:

Preheat oven to 350°. Mix whole wheat flour, Italian bread crumbs and 5 seasonings in a large bowl. Wash chicken first and then coat each piece with egg substitute and toss in bread crumbs. Place chicken breasts on a cookie sheet covered with cooking spray. Then lightly spray tops of chicken breasts with cooking spray. Bake at 350° for 30 minutes, turning each breast over half way through and then cooking an additional 15 minutes.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

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| • Calories: 170 | • Sodium: 191 mg; |
| • Fat: 2 g; | • Carbohydrates: 7 g; |
| • Saturated Fat: 0 | • Fiber: 1 g; |
| • Cholesterol: 66 mg; | • Protein: 30 g; |

