Parmesan Crusted Chicken Breasts

Ingredients:

1/2 cup Dijon Mustard and 1/4 cup white wine (whisk together)

1 cup fresh white bread crumbs (using low point bread)

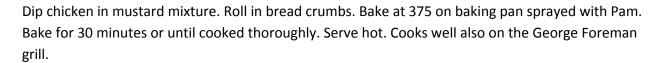
1/2 cup finely grated Parmesan cheese

1/8 tsp pepper

1/4 tsp salt

6 skinless, boneless chicken breast halves (6 oz each)

Directions:



6 servings @ 6 points, 8 points plus

