

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:

Dip chicken in mustard mixture. Roll in bread crumbs. Bake at 375 on baking pan sprayed with Pam. Bake for 30 minutes or until cooked thoroughly. Serve hot. Cooks well also on the George Foreman grill.

6 servings @ 6 points, 8 points plus

