

## **Crispy Dijon Chicken**

1/3 cup Dijon mustard  
1/3 cup evaporated skim milk  
1/3 cup bread crumbs, plain  
1/3 cup Parmesan cheese  
6 - 4 oz. chicken breast, boneless, skinless

Preheat oven to 475°F. Combine mustard and milk in a bowl. Combine bread crumbs and Parmesan cheese in a separate bowl. Spray cookie sheet lightly with vegetable cooking spray. Dip chicken breasts in mustard mixture then into bread crumb mixture. Place on cookie sheet. Bake for 15-20 minutes or until golden brown and cooked through. Makes 6 servings.

Nutrition information per serving: calories 265; protein 42 grams; fat 7 grams; sodium 400 mg