

## **Crispy Sesame Chicken**

1 1/4 cups cornflake crumbs  
1/4 cup sesame seeds  
3/4 tsp. paprika  
1/4 tsp. salt  
1/4 tsp. ground ginger  
Dash of ground red pepper  
1/2 cup lowfat plain yogurt  
2 tbsp. sugar substitute  
8- 6 oz. chicken breast halves, skinless  
Vegetable cooking spray  
2 tbsp. lowfat margarine, melted  
Thyme springs (optional)

Preheat oven to 400°F. Combine the first 6 ingredients in a large zip-top heavy-duty plastic bag; set aside.

Combine yogurt and sugar substitute in a shallow dish; stir well. Add chicken to yogurt mixture, turning to coat. Add chicken to bag; seal bag and shake to coat. Remove chicken from bag; place the chicken on a baking sheet coated with cooking spray and drizzle melted margarine over chicken.

Bake for 45 minutes or until done. Garnish with thyme sprigs, if desired. Makes 8 servings.

Nutrition information per serving: calories 381; protein 59 grams; fat 10 grams; sodium 347 mg