

Crunchy Oven-Baked Chicken

4 1/2 slices lite bread
3/4 tsp. oregano, dried
3/4 tsp. basil, dried
3/4 tsp. paprika
3/8 tsp. onions, minced
Freshly ground pepper to taste
3/8 cup frozen egg substitute, thawed
1 1/2 lbs. chicken breast, boneless, skinless

Preheat oven to 375°F. Cut crust off bread. Cut bread into small squares. Place on baking sheet. Spray with "I Can't Believe It's Not Butter!"® spray. Place in oven for 30 minutes. Use spatula to turn every 10 minutes. Let cool. Crumble bread.

In a shallow bowl, combine bread crumbs, oregano, basil, paprika, garlic, onion and pepper. In another bowl, place egg product. Dip each piece of chicken in egg, and then in bread crumb mixture. Place chicken on a shallow pan that has been lightly coated with vegetable cooking spray.

Bake, uncovered, for 1 hour or until chicken is brown. Turn once so that chicken browns on all sides. Makes 6 servings.

Nutrition information per serving: calories 246; protein 38 grams; fat 3 grams; sodium 172 mg