

Oven Crispy Chicken

3/4 cup bran
1/4 cup Parmesan cheese, grated
1 tsp. lemon pepper seasoning
1/2 tsp. basil, dried
2 cloves garlic, minced (or 1 tsp. garlic powder)
1 tsp. seasoned salt
4 - 4 oz. chicken breast, boneless, skinless
1/2 cup lowfat 1% milk
Vegetable cooking spray

Preheat oven to 350°F. Spray the bottom and sides of a baking pan with vegetable cooking spray. Combine bran, Parmesan, and seasonings in a plastic bag and shake. Dip chicken in milk and then shake in the bag to coat with bran mix. Place chicken on prepared baking pan. Spray coated chicken with cooking spray for extra crispness. Bake uncovered for 1 to 1-1/2 hours, the longer the crispier. Makes 4 servings.

Nutrition information per serving: calories 218; protein 31 grams; fat 5 grams; sodium 820 mg