

## Easy Parmesan Garlic Chicken

*Heart Healthy Recipe of the Month*

Source: <http://www.mealsmatter.org>

Number of Servings: 6

### Ingredients:

- 6 boneless, skinless chicken breasts (about 2lbs)
- 1 envelope GOOD SEASONS Italian Salad Dressing & Recipe Mix
- 1/2 cup Kraft 100% Grated Parmesan Cheese
- 1/2 tsp. Granulated garlic
- 1 small container plain yogurt

### Directions

1. Preheat oven to 400 degrees
2. Mix cheese, salad dressing mix, and garlic
3. Moisten chicken with a little yogurt; coat with cheese mixture
4. Place in shallow baking dish
5. Bake 20 to 25 minutes or until chicken is cooked through

### SPECIAL EXTRA:

For a golden appearance, after chicken is cooked through, set oven to broil. Broil 2-4 minutes or until golden brown

### Nutritional Content:

Calories: 230  
Total fat: 7g  
Saturated fat: 3g  
Protein: 37 g  
Carbohydrates: 2 g