



# Garlic-Parmesan Crusted Chicken

## Info:

Makes 4 Servings      210 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1 lb Chicken Breast
- ❖ 8 Garlic Cloves, minced
- ❖ ½ Cup Grated Parmesan
- ❖ 1 Tbsp Olive Oil
- ❖ Cooking Spray

## Preparation:



1. Preheat oven to 400
2. Cut chicken breast into 4 flat pieces, about ¼" thick
3. Mix together minced garlic, parmesan cheese and olive oil
4. Spray baking sheet with cooking spray and place chicken on sheet
5. Pat garlic-cheese mixture onto chicken and bake about 15 minutes