



Seasoned Breaded Chicken

Info:

Makes 4 Servings 155 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Chicken Breast (2 breasts)
- ❖ ¼ Cup Egg Beaters
- ❖ ½ Cup Breadcrumbs
- ❖ 1 tsp Italian Seasoning
- ❖ Cooking Spray

Preparation:



1. Preheat skillet over medium heat, pour egg beaters in a shallow bowl, and mix breadcrumbs with Italian seasoning on a plate
2. Slice chicken breasts into 4 flat pieces, about ¼" thick
3. Lightly coat chicken slices with egg beaters
4. Cover both sides of chicken with breadcrumb/Italian seasoning mixture
5. Cook in pan 5-6 minutes each side