



Baked Breaded Chicken Cutlets

Ingredients:

30 oz Sanderson Farms Boneless, Skinless Chicken Breast Fillets, sliced in half horizontally to create six chicken breast fillets

1 teaspoon	salt
¼ teaspoon	ground black pepper
2 cups	Italian bread crumbs
½ cup	grated Parmesan cheese
1 teaspoon	minced garlic
1 stick	unsalted butter, melted



Directions:

Preheat oven to 350°F. Season chicken with salt and black pepper. Combine bread crumbs, cheese and garlic in a small shallow bowl. Dip chicken in melted butter, then dredge in bread crumb mixture. Place chicken on a small baking sheet lined with aluminum foil. Pour the remaining butter over the chicken. Bake in preheated 350° oven 20 minutes or until chicken is to an internal temperature of 165°. Serve.

Recipe Nutrition per serving:

450 calories; 35 gm protein; 26 gm carbohydrate; 1 gm dietary fiber;
124 mg cholesterol; 23 gm total fat; 12 gm saturated fat; 1519 mg sodium

Yield: 6 servings