



Crispy Crunchy Chicken

4 servings

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| 4 medium | Split Chicken Breasts, skin and excess fat removed |
| $\frac{3}{4}$ cup | Plain yogurt, low fat |
| $\frac{3}{4}$ cup | Stuffing mix, chicken or herb flavor |



Preheat the oven to 400°. Place the yogurt in a bowl. Crush the stuffing mix with a rolling pin or blender, then place in a separate bowl. One piece at a time, coat the chicken with yogurt and roll in stuffing crumbs. Place in a baking pan which is lightly sprayed with cooking oil spray. Chicken breasts should not be touching. Bake about 25 minutes, depending on size, until done. Chicken is done when it reads 170° on a meat thermometer.

Recipe Nutrition per serving

418 calories; 23 gm protein; 35 gm carbohydrate; 20 gm total fat; 9 gm saturated fat; 0 trans fat; 70 mg cholesterol; 3 gm fiber; 1300 mg sodium