



Parmesan Baked Chicken Breast

Chicken can be difficult for those of us with lap bands...to put it very gently. This recipe is moist enough that even the chicken haters among us might want to give it a try. Remember, tiny bites and 30 chews per bite.

Ingredients:

- 4 boneless, skinless chicken breasts, about 4 oz each (1 lb total)
- ½ cup grated parmesan cheese
- 1 cup of plain 0% Greek yogurt (I use Fage)
- 1 teaspoon garlic powder or granulated garlic
- ½ teaspoon pepper
- 1 ½ teaspoons of seasoning salt (you can substitute a salt free seasoning blend if you prefer)

Directions:

1. Preheat oven to 375 degrees
2. Place chicken breasts in a baking pan
3. In a bowl mix all of the other ingredients thoroughly
4. Spread mixture over chicken breasts
5. Bake at 375 degrees for about 45 minutes until done

Enjoy!

Nutrition: Each chicken breast is approximately

- **208 calories and**
- **33 grams of protein**