

Chicken

Oven-Browned Chicken

Servings: 4

Exchanges: One serving + 3 lean meat, 1/2 bread.

1 pound boneless, skinless chicken breasts

3/4 cup dry bread crumbs

1 teaspoon salt

2 teaspoons paprika

1/16 teaspoon black pepper

1/2 teaspoon rubbed sage or thyme

1 large egg white

1/2 cup water

1 tablespoon margarine

1 tablespoon vegetable oil

Mix bread crumbs and seasonings well and place in a pie pan. You will only need half of this amount. Discard the remainder after use. Nutritive values are calculated using 1/2 of the bread crumb mixture.

Mix egg white and water well and put into an individual salad bowl.

Spread a small rimmed cookie sheet with aluminum foil and spread the margarine on the aluminum foil. Dip each piece of chicken in the egg white mixture and then dredge it in the bread crumb mixture and place on the aluminum foil.

Dribble 1/2 teaspoon oil on the top of each piece of chicken.

Bake at 350 degrees for 30 minutes. Turn chicken over and bake for another 30 minutes. Serve hot or cold.

Per Serving (excluding unknown items): 143 Calories; 7g Fat (46.9% calories from fat); 4g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 756mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.