

Caesar Crusted Chicken

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Servings: 4

*1/2 cup mayonnaise
1/4 cup Parmesan cheese, grated
1 1/2 teaspoons Dijon mustard
1 teaspoon lemon juice
1 clove garlic, finely chopped
crouton crumbs
4 boneless/ skinless chicken breasts*

Preparation Time: 10 minutes

Cook Time: 20 minutes

Preheat the oven to 350 degrees.

In a medium bowl, combine the mayonnaise, cheese, mustard, lemon juice and garlic.

Arrange the chicken on a baking sheet. Evenly top the chicken with the mayonnaise mixture. Sprinkle with crouton crumbs

Bake for 20 minutes or until the chicken is thoroughly cooked.

Serve with mixed salad greens drizzled with Italian dressing.

Per Serving (excluding unknown items): 223 Calories; 25g Fat (94.7% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 273mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.