

Breaded Baked Chicken

Makes: 4 servings

Per serving: Calories 300, Protein 21 gm, Sodium 485 mg, Potassium 330 mg, Phosphorus 175 mg

Ingredients

2/3 cup butter or margarine
½ cup fine dry bread crumbs
1 TBSP grated Parmesan cheese
1 tsp basil
1 tsp oregano
½ tsp garlic powder
2 chicken breasts, split
1/4 cup apple juice
½ cup chopped green onion
½ cup dried parsley

Directions

1. Heat oven to 375°F. Melt butter or margarine in a microwave or stove top.
2. In a bowl, combine bread crumbs, cheese, basil, oregano and garlic. Pour melted butter or margarine in a medium or large bowl.
3. Dip chicken breasts in melted butter or margarine, then coat with crumb mixture.
4. Reserve remaining ingredients.
5. Place chicken, skin side down, in ungreased pan.
6. Bake for 50-60 minutes or until tender.
7. Meanwhile, add apple juice, green onion and parsley to reserved butter or margarine.
8. When chicken is golden brown, pour margarine mixture over chicken.
9. Continue baking for 3-5 minutes, or until sauce is heated through.