

Chicken

Crispy Onion Chicken

French's One-Dish Meals - p10

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 hours

Cook Time: 20 minutes

1 1/4 cups French's French Fried Onions

3 tablespoons Mustard (more may be needed)

4 skinless boneless chicken breast halves

Preheat oven to 350 degrees.

Place French Fried Onions in plastic bag. Press with rolling pin until onions are lightly crushed. Transfer to sheet of waxed paper.

Spread mustard evenly on chicken (both sides).

Coat with onion crumbs; pressing gently to adhere.

Place in baking pan. Bake 20 minutes or until chicken is no longer pink in center.

Per Serving (excluding unknown items): 130 Calories; 1g Fat (10.8% calories from fat); 27g Protein; 0g Carbohydrate; 0g Dietary Fiber; 68mg Cholesterol; 77mg Sodium. Exchanges: 4 Lean Meat.