

---

# Coconut Encrusted Chicken

*Kelly Lovetere*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

- 1 cup poppy seed salad dressing**
- 2 cups sweetened coconut flakes**
- 4 boneless/ skinless chicken breast halves**

Preheat the oven to 350 degrees.

Place the salad dressing and coconut in separate bowls.

Dip the chicken in the dressing and then place in the coconut and pat the flakes lightly onto the chicken until well coated.

Place on a lightly greased baking sheet.

Bake in a 350 degree oven for 15 to 20 minutes until the coconut is golden brown and the chicken is firm.

NOTE: Different dressings may be substituted. Hawaiian or any sweet dressing works well.)

## **Chicken**

---

*Per Serving (excluding unknown items): 1699 Calories; 101g Fat (53.7% calories from fat); 126g Protein; 70g Carbohydrate; 6g Dietary Fiber; 371mg Cholesterol; 744mg Sodium. Exchanges: 17 1/2 Lean Meat; 4 1/2 Fruit; 9 1/2 Fat.*