
Parmesan Crusted Chicken

Helen Benz

Nettles Island Cooking in Paradise - 2014

Servings: 4

4 split chicken breasts

1/2 cup mayonnaise

1/4 cup Parmesan cheese

4 tablespoons Italian bread crumbs, `

In a bowl, mix the mayonnaise and cheese.

Place the cutlets on a baking dish. Coat the chicken pieces with the mayonnaise and cheese mixture. Sprinkle with bread crumbs.

Preheat the oven to 450 degrees.

Bake for 25 to 30 minutes.

Chicken

Per Serving (excluding unknown items): 746 Calories; 52g Fat (62.7% calories from fat); 64g Protein; 5g Carbohydrate; trace Dietary Fiber; 199mg Cholesterol; 631mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Lean Meat; 2 Fat.