

Entrée


LIVE WELL
ALABAMA

#EatBetter

Parmesan Garlic Chicken

Helpful Hints

To make a cutlet, cut a chicken breast in half to make two thin pieces.

Make half your plate fruits and vegetables. Serve this dish with veggies or a salad on the side. 

 extension

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Parmesan Garlic Chicken

Serves 4

Ingredients

½ cup Parmesan cheese
½ teaspoon garlic powder
1 envelope Italian
dressing mix
4 to 6 chicken breast cutlets

Directions

1. Preheat oven to 350 degrees F.
2. Mix cheese, garlic powder, and Italian dressing mix.
3. Moisten chicken with water. Coat with cheese mixture, and place in shallow baking dish.
4. Bake 20 to 25 minutes or until chicken is cooked through.