



Crispy Lemon Garlic Chicken

Cooking spray
1/2 cup Italian-style bread crumbs
1/2 teaspoon garlic salt
1 teaspoon lemon pepper
1/4 cup lemon juice
2 tablespoons olive oil
1# chicken breasts, boneless, skinless

Preheat oven to 375°F. Spray shallow baking pan with cooking spray. Combine bread crumbs, garlic salt and lemon pepper in reclosable food storage bag. Combine lemon juice and oil in another reclosable food storage bag.

Add chicken to bag with lemon juice mixture; toss to coat. Place chicken breasts one at a time in the bag with the crumb mixture; shake to coat and then place in single layer in baking pan. Sprinkle remaining crumbs over chicken. Spray tops of chicken with cooking spray. Bake 20 to 25 minutes or until chicken is no longer pink in centers (165°F). Makes 4 servings.

Nutrition information per serving: 202 calories, 27 grams protein, 6 grams carbohydrate, 7 grams fat, 306 mg sodium.