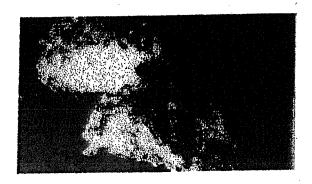


MELT IN YOUR MOUTH BAKED CHICKEN



Prep time: 15 min Total time: 60 min

Servings: 4

Ingredients:

4 boneless skinless chicken breasts
1 5oz container 0% plan Greek yogurt
½ c freshly grated Parmasan cheese
1 t salt
½ t ground black pepper
1 t garlic powder

Directions:

1. Preheat over to 375 degrees. Spray baking dish with non-stick cooking spray.

2. Combine yogurt, Parmasan cheese, and seasonings.

3. Spread over chicken breasts. Bake 45 minutes, or until chicken is cooked through and topping is browned. Serve immediately.