

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% plain Greek yogurt
- ½ c freshly grated Parmesan cheese
- 1 t salt
- ½ t ground black pepper
- 1 t garlic powder

Directions:

1. Preheat oven to 375 degrees. Spray baking dish with non-stick cooking spray.
2. Combine yogurt, Parmesan cheese, and seasonings.
3. Spread over chicken breasts. Bake 45 minutes, or until chicken is cooked through and topping is browned. Serve immediately.