

Ingredients:

- cooking spray
- 1 large egg
- 1 tbsp. water
- 2 tsp. olive oil
- 1/3 cup finely crushed whole-grain-crispbread, or whole grain bread-crumbs
- 1/4 tsp. pepper
- 1/2 tsp. ground oregano
- 4 boneless, skinless chicken breast halves (about 4 oz. each) or 1 lb boneless, skinless turkey breast, all visible fat discarded, flattened to 1/4-inch thickness

Directions:

1. Preheat oven to 400 degrees F. Lightly spray a 13x9x2-inch baking dish with cooking spray, or line with tin foil.
2. In a shallow dish, whisk together the egg, water, and oil. In a separate shallow dish, stir together the remaining ingredients except the chicken. Set the bowls in a row, assembly-line fashion. Dip the chicken in the egg mixture, then in the crumb mixture, turning to coat at each step and gently shaking off the excess. Using your fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.
3. Bake for 15-18 minutes, or until chicken is no longer pink in the center and top coating is golden brown.



Tips:

- When cooking chicken, make sure the meat reaches 165 degrees F.
- Don't forget that a whole roasted chicken is budget friendly, a crowd pleaser, and easier than you think!
- If you're looking to reduce cholesterol, pick white meat without skin.

Nutrition Facts

Serving size		1/4 of Recipe
Amount Per Serving		
Calories		280
		% Daily Value*
Total Fat 9g		12%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 125mg		42%
Sodium 340mg		15%
Total Carbohydrate 18g		7%
Dietary Fiber 4g		14%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 30g		60%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.