

# Blue is Better Recipe (Serves 6) Crispy Oven-Baked Chicken

## Ingredients

- 6 boneless, skinless chicken breasts halves
- 1/3 c. whole wheat flour
- 2 eggs, lightly beaten (1 whole egg, 1 white)
- 1 c. bran flakes crumbs
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper

## Preparation Instructions

1. Preheat the oven to 375°. Combine the flour & seasonings in a bowl. Dip each piece of chicken in the flour mixture & coat evenly, then dip the chicken in the egg and roll in the bran crumbs.
2. Place the coated chicken pieces on a nonstick baking sheet. Bake 20-30 minutes until chicken is tender & no longer pink. Do not turn chicken over during baking.



## NUTRITION FACTS

### Serving Size

1 breast half

### Amount Per Serving:

Calories	.....204
Calories from Fat	.....37
<b>Total Fat</b>	.....4 g
Saturated Fat	..... 1 g
<b>Cholesterol</b>	.....108 mg
<b>Sodium</b>	.....155 mg
<b>Carbohydrate</b>	.....11 g
Dietary Fiber	..... 2 g
<b>Protein</b>	..... 30 g