

Greek Yogurt Parmesan Chicken

Submitted By: Kelly Royal

Time: 1 hour

Ingredients

4 Boneless, Skinless Chicken Breasts

8oz Greek Yogurt

1/4 Cup Parmesan Cheese

1 tsp Garlic Powder

Dash of Salt and Pepper

Instructions

1. Preheat Oven to 375 degrees, line a 9x13 baking dish with foil, apply thin layer cooking spray or oil of choice to foil [I use coconut oil]
2. Wash chicken and pat dry
3. Combine Greek yogurt, parmesan cheese, garlic powder, salt and pepper in a bowl and mix with spoon.
4. Dip each chicken breast in yogurt mixture ensuring to coat each side and place in baking dish Cook at 375 degrees for 40-45 minutes.
5. Broil on high the last 3 minutes of cook time

Notes: