

# Baked Caesar Chicken

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Serves 4 \*\*If you use a commercially prepared dressing, you may need to adjust points. There are 9 points in the 1 cup of homemade dressing that is used in this recipe.\*\*

Blue – 6 points

Purple – 6 points

Green – 8 points

### All Ingredients

- 1 pound boneless, skinless chicken breasts (4 breasts)
- 1 cup Caesar dressing – use recipe below to make your own, that's what points are based on. If you use a commercial dressing, you will need to adjust your points!
- 1/2 cup fat free sour cream
- 4 ounces block parmesan cheese, grated fine, divided

### Caesar Dressing

- 2 Tbsp olive oil
- 1 cup non fat, plain greek yogurt
- 1/3 cup lemon juice (about 2 lemons)
- 2 Tbsp dijon mustard
- 1 clove garlic, minced
- 1 tsp anchovy paste
- 1 tsp Worcestershire sauce

- 1 oz Parmesan cheese, grated fine
- 1/4 tsp salt
- 1/8 tsp fresh ground pepper

## **Chicken**

1. Start by preparing Caesar dressing
2. Preheat oven to 375
3. Spray a 9×13 dish with non stick spray. Lay chicken in dish.
4. Sprinkle chicken with half of the parmesan cheese and pepper, Do not salt the chicken
5. Mix together dressing, sour cream and parmesan cheese in a bowl.
6. Pour the dressing/sour cream mixture over chicken and sprinkle on remaining parmesan cheese.
7. Bake at 375 for 30 minutes or until a meat thermometer reaches 165
8. Next, place chicken under the broiler for about 2-3 minutes, until the chicken turns golden brown. This can happen FAST – keep a close eye on it.
9. Remove from broiler and cover loosely with foil and let sit and rest for 5-10 minutes before serving. Garnish with chopped fresh parsley if desired.

## **Dressing**

1. Combine all ingredients in a food processor or blender.
2. Blend for about 10 seconds or until smooth. Taste and adjust seasonings – salt, pepper, anchovy paste (this has points, be careful how much you use)

3. Store in refrigerator, chill for 30 minutes before using.