

# Creamy Cheesy Chicken

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Serves 4

Blue – 6 points

Purple – 6 points

Green – 8 points

- 4 boneless, skinless chicken breasts
- 3/4 cup fat free sour cream
- 3/4 tsp seasoned salt
- 1 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 4 oz freshly grated parmesan cheese, divided

1. Preheat oven to 375. Lightly spray a 9×13 baking dish with nonstick spray and set aside
2. In a medium bowl, mix together the sour cream, garlic powder, seasoned salt, pepper and 3 oz parmesan cheese
3. Place the chicken breasts evenly in the pan. Spread the sour cream mixture on top of the chicken. Sprinkle with remaining parmesan cheese.
4. Bake for 25-30 minutes or until the chicken is cooked through.
5. Turn the oven to broil and place the pan under the

broiler for 2-3 minutes until lightly browned on top.

6. Serve immediately.