

Crunchy Herb Chicken Breasts

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Adapted from Taste of Home

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6308de6d798b98206fcbc287>

- 2/3 cup panko bread crumbs
 - 1/2 cup grated Parmesan cheese
 - 1/2 cup grated Romano cheese
 - 1 Tbsp minced fresh oregano or 1 tsp dried oregano
 - 1 Tbsp minced fresh basil or 1 tsp dried basil
 - 2 tsp minced fresh parsley
 - 2 cloves garlic, minced
 - 1/2 tsp salt
 - 1/2 tsp pepper
 - 1/2 cup all purpose flour
 - 2 eggs, lightly beaten
 - 6 5 oz boneless, skinless chicken breast halves
1. In a shallow bowl, mix the first nine ingredients. Place flour and eggs in a separate shallow bowls. Dip both sides of chicken in the flour, eggs, then crumb mixture, patting to help coating adhere.
 2. Place on a greased baking sheet. Spritz tops with cooking spray. Bake at 375 for 25-30 minutes or until a

thermometer reads 170.

Main Course
Chicken