

# 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