

Zippy Chicken

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Serves 4, 4 FSP per serving

- 4 boneless, skinless chicken breasts
- 7 Tbsp light mayonnaise
- 5 Tbsp horseradish
- 1 cup panko breadcrumbs
- non stick cooking spray

1. Preheat oven to 425. Spray a 9×13 pan with non stick spray
2. Mix mayonnaise and horseradish until blended.
3. Put breadcrumbs on a plate or shallow pie pan
4. Spread 3 tablespoons of mayo mixture all over each chicken breast.
5. Coat each piece of chicken with 1/4 cup of bread crumbs
6. Place chicken in prepared pan. Spray the top of the chicken with cooking spray until crumbs are coated.
7. Bake at 425 about 20-25 minutes, depending on the thickness of the breasts. Chicken is done when cooked through and reaches an internal temperature of 165.