

Weight Watchers Breaded Chicken Cutlets

Ingredients

$\frac{1}{4}$ cup parmesan cheese, grated
2 tablespoons dried Italian seasoned breadcrumbs
 $\frac{1}{8}$ teaspoon paprika
1 teaspoon dried parsley
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon fresh ground pepper
4 boneless skinless chicken breasts, about 1 pound

Directions

Preheat oven to 400°F.

In resealable plastic bag, combine cheese, crumbs and all seasonings; shake well.

Transfer mixture to plate; dip each chicken breast in cheese mixture, turning to coat all sides. Arrange on nonstick baking sheet.

Bake until chicken is cooked through, 20-25 minutes.

WW Points Plus: 4 points per serving.

source:alsimplyrecipes.com