

Parmesan Crusted Chicken

1/2 cup mayonnaise
1/4 cup grated Parmesan cheese
4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)
4 tsp. Italian seasoned dry bread crumbs

Preheat oven to 425°.

In medium bowl, combine mayonnaise and cheese. On baking sheet, arrange chicken. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.

Bake 20 minutes or until chicken is thoroughly cooked.

Serves 4.

Courtesy of Dr. Catherine A. Hebert
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