

## Dijon-Parmesan Chicken Breasts



Servings: 4

### Nutrition Information:

9 carbohydrates  
229 calories  
2g fiber  
7g fat  
2g saturated fat  
34g protein  
84mg cholesterol  
406mg sodium

### Ingredients:

1 cup All Bran Cereal, crushed	2 tbsp. grated, Parmesan Cheese
1 tsp dried basil	½ tsp garlic powder
¼ tsp ground, black pepper	1 egg white, beaten
2 tbsp. Dijon mustard	4 boneless, skinless chicken breasts

### Directions:

1. Preheat oven to 400 degrees and spray a baking sheet with cooking spray.
2. Combine cereal, cheese, basil, garlic, and pepper in a shallow bowl. In another bowl, combine egg and mustard and mix well.
3. Dip chicken in egg white mixture and then roll in cereal mixture. Place on baking sheet.
4. Bake for ~25 mins or until chicken is cooked.