



## Recipes

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### MELT IN YOUR MOUTH CHICKEN

#### Ingredients:

- 4 boneless, skinless chicken breasts trimmed of excess fat.
- 1 cup non-fat Greek yogurt or 1 cup fat-free mayonnaise.
- 1/2 cup parmesan cheese (or sharp Cheddar, or Asiago) divided.
- 1/2 packet dry Ranch Seasoning Mix.

#### Directions:

- Preheat oven to 375 F. In a small bowl...
- Combine the yogurt or mayonnaise, 1/2 cup parmesan cheese and Ranch Seasoning Mix.
- Place chicken into a 9x13 baking dish and spread the mixture evenly over the chicken breasts.
- Bake for about 40-45 minutes, or until cooked through. \* depending on thickness of chicken breasts baking could take 1 hour. You can also finish them off under the broiler for a minute or two to get them extra browned on top.
- Serve with a veggie like steamed fresh broccoli.
- Season with a dash of fresh parsley, if desired.