

PARMESAN BAKED CHICKEN

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-baked-chicken-recipe>

Ingredients:

- 2 pounds chicken boneless, skinless, Can use breasts or any chicken pieces you like
- 1 Ritz Crackers sleeve, crushed
- 1/4 cup Parmesan cheese grated, the kind in the green can or fresh
- 1 cup Greek yogurt Oikos Organic, Honey Flavored, Could use plain yogurt or milk to dip the chicken, too
- 4 tablespoons butter or margarine, melted
- 2 pounds boneless skinless chicken Can use breasts or any chicken pieces you like
- 1 Ritz Crackers sleeve, crushed
- 1/4 cup Parmesan cheese grated, the kind in the green can or fresh
- 1 cup honey Oikos Organic Greek Yogurt, Flavored, Could use plain yogurt or milk to dip the chicken, too
- 4 tablespoons butter or margarine, melted

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 370 milligrams
4. Fat: 42 grams
5. Protein: 100 grams
6. SaturatedFat: 22 grams
7. Sodium: 840 milligrams
8. Sugar: 73 grams

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