

Crisp Chicken

8 chicken breasts - boneless, skin^{9 fat} off.

milk (skim or 2%)

1/2 c. plain dry bread or cereal crumbs

1/3 c. grated parmesan cheese

1 TBsp. dried parsley flakes, crumbled

1/4 tsp. freshly ground black pepper

Place chicken in shallow bowl & cover w/ milk. let soak 15 min. or more. Refrigerate to keep cold. →

In shallow bowl or pie plate, combine crumbs, cheese, parsley flakes & pepper.

Dip soaked chicken in mixture - coating all sides.

Set on greased baking sheet.

Bake at 375° for ≈ 45 min. or til tender.