

- » 2 cups crispy rice cereal
- » 1/4 tsp garlic powder
- » 1/2 tsp onion powder
- » 1/2 tsp paprika
- » 1/4 tsp pepper
- » 1/4 tsp salt
- » 1/2 tsp dried Italian seasoning
- » 1 egg
- » 2 tbsp water
- » 4, 6-oz boneless, skinned chicken breasts (24 oz)
- » Nonstick vegetable cooking spray

- » 1 cup long-grain brown rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	434cal	Cholesterol	152mg
Protein	46g	Sodium	378mg
Carbohydrate	49g	Calories from Fat	10%
Fat	5g	Fiber	2g
Saturated Fat	1g		

Preheat oven to 350°F. Crush crispy rice cereal in a bowl and add garlic powder, onion powder, paprika, pepper, salt, and Italian seasoning. Mix well. Whisk egg and water in a shallow bowl and coat chicken breast with egg mixture then coat chicken in crushed cereal mixture. Place on a baking sheet that has been sprayed with nonstick cooking spray. Bake uncovered for 1 hour or until done. Serves 4.