

Crunchy Garlic Chicken

Makes 6 servings

Ingredients:

- 1/4 cup butter or margarine, melted
- 2 tablespoons milk
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 cups Whole Grain Total® cereal, crushed (1 cup)
- 3 tablespoons chopped fresh parsley
- 1/2 teaspoon paprika
- 6 boneless skinless chicken breasts



Directions:

Day 1:

Line a 13x9-inch pan with foil and spray with cooking spray.

In shallow dish, mix 2 tablespoons of the melted butter, the milk, parsley, salt and garlic powder.

In another shallow dish, mix crushed cereal, parsley and paprika.

Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture.

Place in pan. Drizzle with remaining 2 tablespoons butter. Cover with foil

Day 2:

Heat the oven to 425°F.

Bake uncovered 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Coat the chicken breasts with the crumbs the night before and then bake the next day when you get home from work.