



## Oven-Baked “Fried” Chicken

Cooking spray

2/3 cup

1 tsp.

1 tsp.

1 tsp.

1 tsp.

1 tsp.

½ tsp.

½ tsp.

1 lb.

2 tbsp.

Instant oats

Garlic powder

Onion powder

Mustard powder

Paprika

Dried thyme

Salt

Ground black pepper

Boneless, skinless chicken breast

Dijon mustard

Makes 4 servings

- Preheat oven to 400 degrees
- Coat a large baking sheet with cooking spray.
- In a plastic bag or shallow dish, combine oats, garlic powder, onion powder, mustard powder, paprika, oregano, thyme, salt and pepper. Mix well.
- Brush chicken breast with Dijon mustard. Add chicken to coat mixture with tongs and turn to coat both sides. Transfer chicken to baking sheet and spray chicken with cooking spray.
- Bake 30 minutes, until golden brown and cooked through.

### Nutrition Information:

Calories: 211

Saturated Fat: 1.27g

Dietary Fiber: 2.04g

Total Fat: 5.58g

Total Carbohydrates: 11.43g

Protein: 27.80g