

Chicken Breasts with Garlic Lemon Crust

Author: Phllis Carey, from *Fast & Fabulous Chicken Breasts*



4 boneless skinless chicken breast halves
 Salt and pepper to taste
 3/4 cup light sour cream
 2 cloves garlic, minced
 1 tablespoon Dijon mustard
 1 tablespoon fresh lemon juice
 1/4 cup grated Parmesan cheese
 2 cups fresh bread crumbs
 1 teaspoon fresh lemon zest

Per Serving (excluding unknown items): 234 Calories; 5g Fat (18.9% calories from fat); 32g Protein; 14g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 349mg Sodium.

Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: Very moist, and very easy.

Notes: To make the bread crumbs, tear 2 slices of fresh bread into pieces and pulse in the food processor until they're coarsely chopped.

1. Preheat oven to 450. Trim chicken (remove tenderloin and reserve for another use or make little mini-pieces with the same toppings) and pound each breast between two sheets of plastic wrap to an even 1/2-inch thickness. Arrange chicken pieces on a parchment-lined baking sheet. Season with salt and pepper.
2. In a small bowl stir together the sour cream, garlic, Dijon mustard, lemon juice (zest the lemon first - see step 3) and cheese. Divide mixture evenly among the chicken breasts and spread to cover the entire surface of each.
3. Toss together the bread crumbs and lemon zest. Mound on top of each breast, covering completely and patting down lightly. Bake for 12-15 minutes or until chicken is cooked through and breadcrumb topping is nicely browned.