

# Crispy Herbed Chicken

1/2 c. cornmeal  
1/4 c. flour  
2 T. grated parmesan cheese  
1-1/2 t. Italian seasoning  
1/2 t. garlic powder  
salt & pepper  
2 boneless, skinless, chicken breast  
1/2 c. skim milk  
butter flavor-cooking spray

Heat oven to 400 degrees

Combine dry ingredients. Dip chicken into milk; coat with corn meal mixture. Pam both sides of chicken.

Place chicken on a cookie sheet that has been sprayed with non-stick cooking spray.

Bake 30 min. or until brown and tender.

Serves 2