**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4MXLM2L\MC900217540[1].wmf]()![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\THWTS93Z\MC900417480[1].wmf]() Garlic Cheddar Chicken**

Makes 4-5 small servings

30 mL butter or margarine

1 clove garlic, minced

30 mL dry bread crumbs (you could also use cracker or corn flakes crumbs, or a combination)

15 mL parmesan cheese

60 mL shredded cheddar cheese (use fine grater)

½ mL dried parsley

½ mL dried oregano

½ mL ground black pepper

pinch salt

60 mL flour, to dredge chicken (use more, if necessary)

2 skinless, boneless chicken breast halves, pounded thin (or ½ breast per person)

**\*\* Wash hands & sink thoroughly with soap and hot water immediately after handling raw chicken! \*\***

1. Preheat oven to 350°F (175C). Spray a wire rack with non-stick cooking spray or wipe with a paper towel moistened with a small amount of vegetable/canola oil (**DO NOT USE** **the racks in your kitchen unit - see teacher for a wire rack**). Place the rack on to a baking sheet or pan lined with foil or parchment or lightly greased with shortening to make clean-up easier.
2. Melt the butter or margarine in a small saucepan (pot) over low heat (2-3) and cook the garlic until tender but not browned (about 4-5 minutes) stirring frequently.
3. In a medium mixing bowl, stir to combine the bread crumbs, Parmesan cheese, Cheddar cheese, parsley, oregano, pepper and salt. Line up remaining ingredients and pan in an “assembly line.”
4. Rinse chicken breasts in cold running water then pat/squeeze chicken breasts between paper towels to remove excess moisture.
5. Using tongs, **dredge** each chicken piece in flour (place flour on a plate and press both sides of chicken in to the flour to coat each side).
6. Using the same tongs, dip each floured chicken piece in the garlic butter to coat both sides and then finally press each one into the crumb mixture.
7. Arrange the coated chicken breasts on the prepared rack.
8. Drizzle with any remaining butter and top with any remaining bread crumb/cheese mixture.
9. Bake 30 minutes or until chicken is no longer pink in the centre and juices run clear.

**Nutrition Information** (approximate amounts per **½** of chicken breast half, prepared as directed):

Calories: 200 Total Fats: 12.6g Total Carbs: 4.25g

 Cholesterol: 65mg Dietary Fibre: 0.25g

 Sodium: 125mg Protein: 17.5g

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