

Paprika Parmesan Chicken

A healthier twist on a traditional favorite!

Ingredients

¼ cup almond flour
½ cup grated parmesan cheese
2 tsp paprika
Salt & pepper to taste
4 skinless chicken breast halves
1 Tbls mayo



Directions

1. Mix dry ingredients in a shallow bowl wide enough to dredge chicken breasts.
2. Rinse chicken and pat dry. Smear each side with a little mayo.
3. Dredge chicken through the dry mixture and pat to coat evenly.
4. Place each piece of chicken in a baking dish sprayed with cooking spray.
5. Bake one hour at 350 degrees or until crust is golden and juices run clear.

Makes 4 servings

Nutrition Facts:

Calories	186
Total Fat	8g
Total Carbohydrates	2.4g
Dietary Fiber	.6g
Protein	16g