

Baked Cheesy Smothered Chicken

Cheese makes almost everything better!

Ingredients

- 4 (3-4 oz) chicken breasts
- 8 oz Greek non-fat yogurt
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 clove garlic, minced or 1 tsp garlic powder
- Salt & pepper to taste
- ½ cup grated parmesan cheese
- 2 slices provolone cheese



Directions

1. Preheat oven to 375 degrees. Coat baking dish with cooking spray.
2. Place chicken breasts in glass baking dish.
3. Top each with ½ slice provolone.
4. Mix together yogurt through parmesan and spread over chicken breasts.
5. Serve with a garden salad & riced cauliflower.

Makes 4 servings

Nutrition Facts:

Calories	240
Total Fat	9.5g
Total Carbohydrates	2g
Dietary Fiber	0g
Protein	35.5g