

## Crunchy Cracker Chicken

Serves: 4

### Ingredients:

4 boneless, skinless chicken breasts  
1 1/2 c reduced fat townhouse crackers, crushed  
1/2 c shredded parmesan cheese  
1 T dried parsley  
1 T minced garlic  
1 1/2 t salt  
1/2 t pepper  
1 egg white  
fat free butter spray

### Directions:

Preheat oven to 350 degrees F.

Blend together cracker crumbs, parmesan, parsley, garlic, salt, and pepper in a shallow bowl.

Dip chicken in egg white and then in crumb mixture to coat.

Place in a sprayed baking dish and spray the tops of the chicken generously with butter spray.

Bake for 45 mins to 1 hour.