

# Yogurt Chicken



## INGREDIENTS

**2 lbs. skinless and boneless chicken breasts**

**2 cups Greek Nonfat Yogurt**

**1/8 cup Parmesan cheese**

**1 Tbsp Garlic powder**

**2 tsp salt**

**1 tsp pepper**

## DIRECTIONS

**Pre-heat oven to 375°. Put all of the ingredients in large bowl and mix until well blended. Take 1/4 of the mixture out and use the remaining 3/4 as marinade, spreading all over chicken. Put chicken on a baking sheet sprayed lightly with Pam. Bake for 40 minutes. Let chicken cool and spread the remaining yogurt mix on top.**