Greek Yogurt Chicken Recipe

**SERVINGS: 4**  
  
**INGREDIENTS**

4 boneless skinless chicken breasts (4 oz each)  
1 cup plain Greek yogurt  
½ cup grated Parmesan cheese  
1 teaspoon garlic powder  
1½ teaspoons seasoning salt  
½ teaspoon pepper

**DIRECTIONS**

1. Preheat oven to 375 degrees.
2. Combine Greek yogurt, cheese and seasonings in bowl.
3. Line baking sheet with foil and spray with cooking spray.
4. Coat each chicken breast in Greek yogurt mixture and place on foiled baking sheet.
5. Bake for 45 minutes.
6. Enjoy!!

**NUTRITIONAL ANALYSIS PER SERVING**

Total Calories: 266  
Total fat: 4g  
Saturated Fat: 3g  
Total carbohydrates: 3g  
Dietary Fiber: 0g  
Sugars: 2g  
Protein: 46g