

Oregano Chicken

Ingredients

- 100 grams chicken breast
- 1 teaspoon dried oregano or 1 tablespoon fresh finely minced
- 1 serving Melba toast crumbs (optional)
- ¼ cup chicken broth or water
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Sea salt and pepper to taste

Directions

1. Crush Melba toast into fine powder and mix with dried spices.
2. Dip chicken breast in chicken broth and coat with Melba spice mixture,
3. Layer in baking dish and add remaining broth to the bottom.
4. Bake in 350 degree oven for 15-20 minutes until crusty brown on top.
5. Add a little water if necessary to keep chicken from burning.

Makes 1 serving (1 protein, 1 Melba toast)
25 grams protein
2 grams fat
160 calories

PHASE 3 MODIFICATIONS

Dip chicken in egg and coat with herbed Melba toast or parmesan cheese. Fry with a little olive oil. Top with marinara sauce and cheese or a lemon butter sauce and parmesan.

