

CHICKEN WITH GF RICE PARMESAN CRUST

Ingredients:

4 breasts of chicken
½ cup rice cereal
½ cup Parmesan cheese, grated
1 teaspoon basil
1 teaspoon thyme
1 teaspoon parsley
1 teaspoon ground pepper
1 teaspoon salt
1 egg whites



Directions:

Mix rice cereal, spices and cheese. Spread evenly on 9x13 pan that has ben covered with foil.

Rub chicken breasts with egg whites. Press skin side down on the rice mixture.

Seal the foil and bake chicken in oven for 1 hour at 300 degrees F.

Remove from oven. Turn oven to broil. Open foil and turn the chicken, meat side up. Return to oven for 10 minutes on broil.

Serve warm.



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