

Baked Cajun Chicken

Ingredients

1 ½ to 2 pounds split chicken breasts
½ dried thyme, crushed
Nonstick cooking spray
¼ teaspoon garlic salt
2 tablespoons nonfat milk
1/8 teaspoon ground white pepper
2 tablespoons onion powder
1/8 teaspoon crushed red pepper
1/8 teaspoon ground black pepper

Directions

Rinse chicken, pat dry. Cut off skin and discard.

Spray a 13 X 9 X 2-inch baking dish with nonstick cooking spray.

Arrange the chicken in the dish; meat side up.

Brush lightly with milk.

In small, bowl mix onion powder, thyme, garlic salt, white pepper, red pepper, and black pepper. Sprinkle mixture over chicken.

Bake in a 375° oven for 45 minutes, or until the chicken is cooked through.

Servings: 4

Nutrition Facts

Calories:	166
Fat:	6 g
Cholesterol:	- mg
Sodium:	- mg

Courtesy of diabeticgourmet.com and applesforhealth.com