



Mayonnaise and Parmesan Chicken

Description

Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon black pepper
- 1 teaspoon seasoning salt
- 1 teaspoon garlic powder
- 1 cup mayonnaise (for a healthier option, use plain Greek yogurt instead)

Instructions

Step 1: Preheat the Oven

1. **Preheat Oven:**
 - Preheat your oven to 375°F (190°C).

Step 2: Prepare the Chicken

1. **Season the Chicken:**
 - Place the 4 boneless, skinless chicken breasts on a baking sheet lined with parchment paper or lightly greased with cooking spray.
 - Season the chicken breasts with 1/2 teaspoon of black pepper, 1 teaspoon of seasoning salt, and 1 teaspoon of garlic powder on both sides.

Step 3: Make the Parmesan Coating

1. **Mix the Coating:**
 - In a medium bowl, combine 1 cup of mayonnaise (or plain Greek yogurt) and 1/2 cup of

grated Parmesan cheese. Mix well until smooth and well combined.

Step 4: Coat the Chicken

1. Apply the Coating:

- Evenly spread the mayonnaise and Parmesan mixture over the top of each seasoned chicken breast, ensuring each piece is fully coated.

Step 5: Bake the Chicken

1. Bake:

- Place the baking sheet in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).
- If desired, broil the chicken for an additional 2-3 minutes to achieve a golden-brown, crispy topping.

Step 6: Serve

1. Serve Hot:

- Remove the chicken from the oven and let it rest for a few minutes before serving. Enjoy your Mayonnaise and Parmesan Chicken hot, paired with your favorite sides like roasted vegetables, mashed potatoes, or a fresh green salad.

Cook Notes and Variations

Cook Notes:

- **Chicken:** Ensure the chicken breasts are of even thickness for uniform cooking. You can pound them slightly if needed.
- **Mayonnaise Substitute:** For a healthier option, plain Greek yogurt can be used instead of mayonnaise.

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Date

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