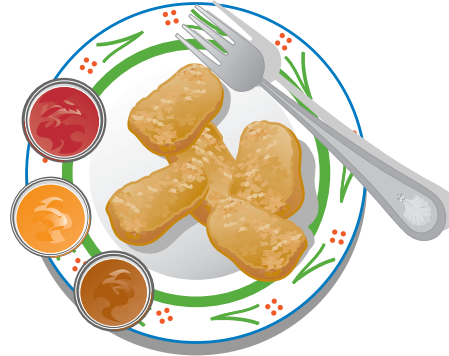


# Oat Bran Chicken

## Ingredients:

- 1/4 cup parmesan cheese
- 1/8 teaspoon pepper
- 1/4 teaspoon salt (optional)
- 1/2 cup oat bran
- 4 chicken thighs or half-breast pieces, skinned



## Preparation:

1. Combine cheese, pepper, salt, and oat bran in shallow bowl.
2. Rinse or dip each piece of chicken in water and then in the oat mixture and coat evenly. Place the pieces in a lightly greased microwave-safe dish.
3. Leftover oat bran may be sprinkled on top.
4. Cover and microwave\*\* on “high” for 8 to 9 minutes or until the chicken is tender. Let it stand, covered, for 5 minutes before serving. It may be browned under broiler if desired. Watch carefully.

Makes approximately four 3 ounce servings

\*\* To bake in a conventional oven, place coated pieces in a covered pan or casserole dish. Bake at 325° F for 45 minutes. Remove the cover toward the end of the cooking time for browning.

Amount Per Serving			
Calories	140		
Calories from Fat	50		
% Daily Values*			
Total Fat	5g		
Saturated Fat	2g		
Cholesterol	60mg		
Sodium	320mg		
Total Carbohydrate	8g		
Dietary Fiber	2g		
Sugars	1g		
Protein	18g		
Vitamin A	2%		
Calcium	10%		
Vitamin C	4%		
Iron	8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4