



# Spinach & Almond- Crusted Chicken

6 servings

Prep Time: 10 minutes    Cook Time: 20 minutes

- 1 cup loosely packed baby spinach leaves, chopped
- 2 Tbsp. Hellmann's® or Best Foods® Real Mayonnaise
- 2 Tbsp. chopped almonds
- 2 Tbsp. plain dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- 6 boneless, skinless chicken breast halves (about 1-1/2 lbs.)

- 1.) Preheat oven to 425°.
- 2.) Combine all ingredients except chicken in medium bowl. Arrange chicken on baking sheet, then evenly top with Mayonnaise mixture.
- 3.) Bake 20 minutes or until chicken is thoroughly cooked.

## **Nutritional Information 1 serving :**

Calories 180 , Calories from Fat 70 , Total Fat 7 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 190 mg, Total Carbs 1 g, Dietary Fiber 0 g, Sugars 0 g, Protein 25 g, Vitamin A 4 % , Vitamin C 4 % , Calcium 2 % , Iron 4 %