

Cinnamon Chicken

Ingredients

- 100 grams chicken
- 1 serving Melba toast crumbs
- ½ cup chicken broth or water
- ¼ teaspoon ground cinnamon
- Pinch of nutmeg
- Pinch of cardamom
- ⅛ teaspoon curry powder
- Dash of garlic powder
- Salt and pepper to taste
- Stevia to taste

Directions

1. Mix Melba toast crumbs with ½ of the dry spices in a small bowl.
2. Dip chicken in broth and coat with Melba spice mixture.
3. Lay out 100 gram servings in shallow baking dish.
4. Add broth and mix in the rest of the spices.
5. Top the chicken with the rest of the Melba spice mixture.
6. Bake chicken at 350 degrees for 20 minutes or until chicken is fully cooked.

Makes 1 serving (1 protein, 1 Melba toast)
25 grams protein
2 grams fat
167 calories

