



Foodicious
RECIPES

Chicken Mayo with parmesan cheese

Ingredients

- 4 thin boneless, skinless chicken breasts (about 1½ pounds)
- Salt and black pepper, to taste
- ½ cup mayonnaise (115g)
- 1 cup grated Parmesan cheese, divided (about 3 oz)
- 2 teaspoons minced garlic (16g)
- ½ teaspoon ground mustard
- ½ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon black pepper

Instructions

1. Preheat your oven to 400°F (200°C). Lightly grease a 9×13-inch baking dish with cooking spray.
2. Pound the chicken breasts to an even thickness for uniform cooking. (If the breasts are large, slice them horizontally to create thinner cutlets.)
3. Place the chicken in the prepared baking dish and season both sides with salt and pepper.
4. In a small bowl, combine the mayonnaise, ¾ cup of the Parmesan cheese, minced garlic, ground mustard, salt, paprika, and black pepper. Mix well until smooth.
5. Spread the mayo mixture evenly over the chicken breasts. Then sprinkle the remaining ¼ cup of Parmesan on top.
6. Bake for 20 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).
7. For a golden crust, switch the oven to low broil and broil for 2 minutes, watching closely to avoid burning.

