

# Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat mayonnaise	4 oz	1/2 cup	8 oz	1 cup	1. Combine mayonnaise and mustard in a bowl.
Prepared mustard		1 tsp		2 tsp	
Parmesan cheese, grated	4 oz	1/2 cup	8 oz	1 cup	2. In another bowl, combine Parmesan cheese, bread crumbs, salt, and pepper.
Dry bread crumbs		1/4 cup 2 Tbsp	4 oz	3/4 cup	
Salt		3/4 tsp		1 1/2 tsp	3. Using a pastry brush, coat chicken with the mayonnaise mixture.
Black pepper		1/2 tsp		1 tsp	
Skinless, boneless chicken thighs	2 lb 15 oz	25 each	5 lb 14 oz	50 each	4. Dredge chicken in the crumb mixture. Place 25 pieces of chicken on each half-sheet pan (18" x 13" x 1"). 5. To Bake: Conventional Oven: 350 degrees F, 25 minutes Convection Oven: 325 degrees F, 20 minutes
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					6. Slice chicken into 2-oz portions.  CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
2 oz provide 1 1/2 oz of cooked poultry	<b>25 Servings:</b> 3 lb 4 oz	<b>25 Servings:</b>
	<b>50 Servings:</b> 6 lb 8 oz	<b>50 Servings:</b>

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## Nutrients Per Serving

<b>Calories</b>	115	<b>Saturated Fat</b>	1.8 g	<b>Iron</b>	.7 mg
<b>Protein</b>	13 g	<b>Cholesterol</b>	48 g	<b>Calcium</b>	73 mg
<b>Carbohydrate</b>	3 g	<b>Vitamin A</b>	16 RE/58 IU	<b>Sodium</b>	229 mg
<b>Total Fat</b>	5.7 g	<b>Vitamin C</b>	1 mg	<b>Dietary Fiber</b>	0 g