

# Baked Parmesan Chicken Thighs

*This dinner recipe is baked with boneless, skinless chicken thighs. By using light mayo, you are reducing the total fats in this delicious meal.*

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Easy

## Ingredients

- 1 cup light mayonnaise
- 1 cup grated Parmesan cheese
- 1 tsp Italian seasoning
- 6 each fresh boneless, skinless chicken thigh cutlets
- ¼ tsp salt
- ⅛ tsp ground black pepper



## Directions

- 1 Preheat oven to 400°F.
- 2 In a small bowl combine mayonnaise, Parmesan cheese and Italian seasoning.
- 3 Season chicken on both sides with salt and pepper and place in a single layer in a 8-inch square baking dish.
- 4 Generously spread with sauce and bake for 20 minutes, or until done. Serve warm.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

## Nutrition Facts

Nutrition (per serving): 288 calories, 20.7g total fat, 5.6g saturated fat, 85.9mg cholesterol, 730.1mg sodium, 4.2g carbohydrates, <1g fiber, 1.8g sugar, 20.2g protein.

Servings: 6

## Weight Watchers Points

Orig. WW Pts: 8

Points Plus: 8

Smart Points: 9

FreeStyle Smart Points: 9