

## Baked Chicken Pesto Parmesean

submitted by Priscila.La13



Per serving: 269 Calories • 2g Carbs (0.4g Fiber) • 14.1g Fat • 31.7g Protein

### Ingredients

*Ingredients scaled to: 4 serving*

16 oz **Chicken breast** (454 grams)

1 dash **Pepper** (0.10 grams)

1 dash **Salt** (0.40 grams)

1/3 cup **Sauce, pesto, Classico, basil pesto, ready-to-serve** (82.7 grams)

4 tbsp **Parmesan cheese** (20 grams)

1/2 cup, shredded **Mozzarella cheese** (56 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Preheat the oven to 400 degrees F.
2. Place the chicken on a foil lined baking sheet. Season with salt and pepper on both sides. Rub the tops of the chicken with the pesto then sprinkle with both cheeses. Bake for 15 to 20 minutes, or until the chicken is cooked through and registers an internal temperature of 165 degrees F.
3. Serve immediately and enjoy!