

Chicken Parmesan

- 1/2 clove garlic crushed
- 1 tablespoon butter, melted
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon Italian bread crumbs
- 2 teaspoons fresh chopped parsley
- 1/8 teaspoon salt, scant
- Pinch pepper
- 1 8-ounce chicken breast, bone-in skin removed

Preheat oven to 350 F. In a shallow glass dish, combine the crushed garlic with the melted butter and set aside. In a second bowl combine parsley, bread crumbs, cheese, salt and pepper. Place chicken in the garlic butter, pressing and turning until completely coated. Now do the same in the crumb mixture to coat, pressing firmly until all the coating is transferred to the chicken. Place chicken in a small lightly greased baking dish. Drizzle with any remaining garlic butter and bake uncovered for 45 minutes, or until chicken is cooked through and juices run clear.

Single-Serve Cookies

- 1 teaspoon butter
- 2 teaspoons egg whites (or Eggbeaters)
- 1/2 teaspoon oil
- 1 teaspoon brown sugar
- 1/2 teaspoon white sugar
- 4 teaspoons flour
- 1 pinch baking soda
- 1 teaspoon mini chocolate chips or raisins

Preheat toaster oven to 350 F. Melt the butter in a small bowl for about 20 seconds in the microwave. Add in the egg whites, oil and brown and white sugar. Mix well. Add the flour and baking soda; mix to form dough. Add chocolate chips or raisins. Spoon two mounds of dough on lightly greased toaster oven baking sheet. Bake for 8-10 minutes. Yield: 2 cookies.