

Low-Point Hummus Crusted Chicken

Ingredients:

- 4, 4 oz. boneless, skinless chicken breasts
- 5 Tbs hummus (store bought)
- salt
- pepper
- onion powder
- smoked paprika (optional)

Preheat oven to 450 degrees. Spread hummus over chicken (both sides of each breast) and place chicken in a slightly greased glass baking dish. Sprinkle with salt, pepper, onion powder, and smoked paprika. Bake for 15 to 20 minutes (until chicken is cooked through). Remove and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3

Points plus per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Sometimes you find yourself in the middle of nowhere, and
sometimes in the middle of nowhere, you find yourself."
- Anonymous***