

Keywords: Baked, Bread Crumbs, Chicken, Chicken Rice And Vermacce, Dijon Mustard, Italian Salad Dressing

Yield: 6 servings

Cooking Time: 30-45 min.

Ingredients

1/3 cups	italian dressing, ff
1/3 cups	Dijon mustard
6	Chicken Breast filets, boneless, skinless
1/2 cups	bread crumbs, italian
1/2 tsp	salt
1/2 tsp	Pepper
2 pkg	Chicken rice vermacelli

Procedure

1. Combine dressing and mustard.
2. Brush on each fillet.
3. Blend breadcrumbs, salt, & pepper and sprinkle on top of fillets.
4. Bake for 30-45 min @350 or til done
5. Prepare rice as pkg directs, omit butter for low fat.