

## Hummus Crusted Chicken

This is an interesting, healthy alternative to baked chicken that provides a “crust” resembling breaded, fried chicken – without all the fat. It’s important to spread the hummus into a consistent 1/8<sup>th</sup> inch layer so it will “crisp” up a bit. An even oil spray helps it to brown nicely. The lemon adds a nice zesty flavor, but it’s good also without it.

Serves 4

4 skinless chicken breasts  
1/3-1/2 cup hummus  
1 lemon, sliced paper thin, including peel (optional)  
½ Tbsp balsamic vinegar  
1 Tbsp dried rosemary  
Salt & pepper to taste

Preheat oven to 425°F. Place chicken in roasting pan. Put lemon slices over each breast and spread even layer of hummus over each piece. Drizzle with balsamic vinegar and sprinkle with rosemary leaves. Spray with thin coating of sesame oil. Bake until meat is done and hummus is golden brown – approx 30 minutes. Season with salt & pepper.

