

## Italian Chicken Schnitzel

500g chicken breast fillet, skin removed  
¼ cup unsweetened low fat yoghurt  
½ cup trim milk  
3 cups toasted or soft wholemeal breadcrumbs  
3 tspn Italian herbs  
2 Tbsp finely grated parmesan cheese

Cut chicken fillets into 4 pieces, place between 2 layers of plastic film and beat with a rolling pin until thin. Mix yoghurt with trim milk in a bowl; in another bowl mix the breadcrumbs, parmesan and Italian herbs. Dip each piece of chicken in the yoghurt and then in the crumbs. Refrigerate 30 minutes. Heat up a non-stick fry pan and lightly spray with oil spray. Cook fillets over medium heat for a few minutes each side or until cooked. Serves 4.

### Health Habits:

- Using leanest cut of chicken and removing the skin
- Using low fat versions of dairy products – trim milk and low fat yoghurt
- Using wholemeal breadcrumbs instead of white
- Cooking in non-stick fry pan with an oil spray instead of frying or deep-frying