

Everything Chicken with Onion Sauce

Yield: 4 Servings **Author:** Lauren

Prep time: 5 M Cook time: 25 M Total time: 30 M

Chicken breasts seasoned with everything but the bagel seasoning and topped with a creamy green onion sauce

INGREDIENTS:

- 1 lb Chicken Breast
- 3 tsp Everything But The Bagel Seasoning
- 4oz Cream Cheese
- 1/8 cup Skim Milk
- 3 Green Onions

INSTRUCTIONS:

1. Preheat the oven to 400 degrees
2. Season the chicken breasts with 1/2 tsp each covering both sides of each chicken breast
3. Place chicken on greased baking pan and cook for 25 minutes or until cooked through
4. While the chicken is cooking, mix the milk, cream cheese, and remaining tsp of everything seasoning
5. Chop up 3 green onions and add them to the sauce and mix well
6. Serve Hot with 1/4th of the sauce over each chicken breast and your favorite veggie!