

Hummus-Crusted Chicken



Looking for an ultra-simple chicken recipe that you can make with your eyes closed? Here it is! This recipe will quickly become one of your favourites, and it's a sneaky way to add more legumes to your menu. For a complete meal, pair it with sautéed bell pepper strips and whole wheat pita bread, or try it with this delicious [Quinoa Tabbouleh](#) recipe.

Bon appétit!

Preparation 5 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 250

Fat 7

Carbohydrates 3

Fibre 1

Protein 43

Sodium 55

Ingredients

- 4 boneless, skinless chicken breasts (about 0.8 kg or 1.75 lb)

- 2.5 ml (½ tsp) chili powder
- 1 green onion, thinly sliced
- Salt and pepper, to taste

Preparation

1. Preheat the oven to 400°F (200°C).
2. Spread the hummus over each chicken breast, then sprinkle with chili powder and green onion. Season with salt and pepper.
3. Bake for 20 minutes. Let cool for a few minutes before serving.

This recipe can also be made in an Air Fryer: cook for 16 minutes at 350°F (180°C).

Notes

Keeps for 5 days in the refrigerator in an airtight container. Can be frozen for up to 3 months.

Try different hummus flavours for a variety of winning recipes!



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