

Roasted Chicken Breasts

These quick roasted chicken breasts can be used for anything. Serve with roasted veggie, use them for salads, like the creamy chicken apple salad, or slice thinly for a sandwich with whole grain bread, spicy mustard, fresh spinach and thinly sliced tomato. Make them on the weekend and then use throughout the week.

Ingredient	US	Non-US
Nonstick cooking spray	1	1
salt	1	
olive oil	1 tablespoon	
garlic, minced	2 tablespoons	
chicken breasts (4-ounces each, skinless, boneless)	4	4
black pepper	½ teaspoon	
lemon juice	¼ cup	
paprika	1 ½ teaspoon	

Cooking Instructions:

1. Preheat oven to 350 degrees. Coat a backing sheet with cooking spray.
2. Place the chicken breasts on the baking sheet.
3. In a small bowl, combine the salt, pepper, olive oil, lemon juice and garlic and whisk until combined.
4. Brush on or pour lemon juice mixture over each chicken breast, coating evenly.
5. Sprinkle each chicken breast evenly with paprika and bake in oven for 35 minutes or until the chicken is cooked to an internal temperature of 165 degrees F.
6. Let the chicken breasts rest, covered with foil for 10-15 minutes before slicing or serving.

Nutrition Facts	
Service Size	1 breast
Total number of servings	4
Amount Per Serving	
Calories 170	Calories from Fat ?
% Daily Value	
Total Fat 6g	
Saturated Fat 1.5g	
Cholesterol 65mg	
Sodium 60mg	
Total Carbohydrate 3g	
Dietary Fiber 0g	
Protein 24g	