

Balsamic Roasted Chicken Breast



Smart Cuisine, Heart Smart, Carb Smart, and Sodium Smart.

4 Servings

Marinade - the way to tender tasty chicken.

Ingredients:	Instructions:
<p><u>Marinade:</u> 1 Tbsp Olive Oil 1 Tbsp Balsamic Vinegar 3 Tbsp Lemon Juice 2 tsp Salt Free Garlic & Herb Blend (Ex. Mrs. Dash) Rosemary 4pc each 4oz or 1lb Chicken Breast, Boneless, skinless</p>	<p>Combine marinade ingredients, Olive oil, Balsamic Vinegar, Lemon Juice, and Garlic & Herb Blend. Mix until well blended. Pour marinade over chicken Breast. Marinate in the refrigerator for 1 hour or more.</p> <p>Drain and Discard excess marinade. Place chicken on baking sheet. Bake in a 375°F Standard (325°F Convection) oven for 15 minutes or until internal temperature reaches a minimum of 165°F.</p>

Nutrition Facts: Per Serving – 170 Calories, 2.5g Total fat, 1g Sat. Fat, 0g transfat, 85mg Cholesterol, 55mg Sodium, 3g Total Carbohydrates, 0g Fiber, 3g Sugars, 26g Protein.