

LiveBetter with MedWatch

Middle Eastern Herb-Crusted Chicken Breasts

Ingredients

- * vegetable oil spray
- 6 chicken breasts (about 4 ounces each), boneless and skinless with all visible fat removed
- 1 Tbsp. lemon juice
- 1 tsp. dried rosemary, crushed
- 1 tsp. dried oregano, crumbled
- 1 tsp. dried sage, crumbled
- ¼ tsp. cracked black pepper

Preparation

1. Using vegetable oil spray, lightly spray a small roasting pan or a casserole dish just large enough to hold chicken breasts.
2. Rinse chicken and pat dry with paper towels.
3. Arrange chicken in pan.
4. Combine remaining ingredients, except pepper, rubbing each chicken breast, thoroughly, with mixture.
5. Sprinkle with pepper. Refrigerate, covered, for at least 1 hour. For even more flavor, marinate chicken overnight.
6. Preheat oven to 350°.
7. Bake chicken, uncovered, for 35 to 40 minutes, or until juices run clear when chicken breasts are pierced with a knife.
8. Serve with any pan juices.

Makes 6 servings.

Nutrition Analysis

Per serving: 492 calories, 44 g protein, 10 g fat (1.6 g saturated fat), 53 g carbohydrate; 306 mg sodium; 82 mg cholesterol; 8.2 g fiber



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.