



Marinated Chicken Breast

Serves 6



Marinated Chicken Breast

Ingredients

- ¼ each lemon, zest and juice
- 1 tsp. original Mrs. Dash
- 1 tsp. italian seasoning
- 1 tsp. parsley
- 1 tsp. chives
- 1 tsp. sea salt
- 1 tsp. granulated onion
- ½ cup olive oil
- 3 lb. boneless, skinless chicken breast

Directions

1. Place the first 7 ingredients in a mixing bowl. Add olive oil in a thin stream and mix with a wire whip until ingredients are incorporated well.
2. Pour marinade over chicken and toss well to mix. Cover and refrigerate for at least 8 hours or overnight, if possible.
3. When ready to cook chicken, discard additional marinade. Cook chicken to an internal temperature of 165 degrees. Allow chicken to rest for 5 minutes before serving.
4. One serving is 4 ounces of chicken.

Nutritional facts per 1 serving (4 oz.):

Calories 230, Total Fat 8g (15%), Saturated Fat 1.5g (8%), Cholesterol 140mg (45%), Sodium 150mg (6%), Total Carbohydrate 0g (0%), Dietary Fiber 0g (1%), Total Sugars 0g, Protein 43g