

Rosemary Lemon Chicken



Ingredients:

- 2 lemons (medium, sliced)
- Cooking Spray
- 2 sprigs rosemary
- 2 garlic cloves (quartered)
- 1 lb boneless skinless chicken breasts
- 1 tbsp. extra-virgin olive oil

Mixed Seasoning Blend: Onion Powder, Garlic Powder, Salt, Pepper, and Coriander.

Directions:

1. Preheat oven to 400°F.
2. Spray baking dish with cooking spray.
3. Add 4 lemon slices and 1 sprig of rosemary on the bottom of a baking dish.
4. Place ½ of garlic around the pan.
5. Season both sides of chicken with mixed season blend. Place chicken on top of rosemary and lemon slices.
6. Add 4 additional lemon slices on top of chicken breasts. Add another rosemary sprig atop chicken breast. Sprinkle remaining garlic.
7. Drizzle chicken breasts with 1 tbsp. olive oil. Cover baking dish with aluminum foil.
8. Bake for 25-30 minutes or until chicken is completely cooked

Nutrition Information:

Serving size*: 1(4oz chicken breast)

Servings per recipe: 4

Calories per serving: 150

Total fat per serving: 7g

Total protein per serving: 24g

Total carbohydrates per serving: 7g

Nutritional Benefits:

Chicken is a low calorie high protein option perfect for your post bariatric diet.

Recipe Adapted from: *The Slow Roasted Italian*. (2014). Retrieved From: <http://www.theslowroasteditalian.com/2014/01/rosemary-lemon-roasted-chicken-breasts-recipe.html>

Image provided by: Hunt, M. (2014). Crispy Baked Rosemary Lemon Chicken Thighs. *The Peachy Plate*. Retrieved from: <http://peachypalate.com/wp-content/uploads/2014/08/RosemaryLemonBakedChickenThighs221.jpg>

*Serving size that is suggested for post-operative bariatric patients