



OVEN ROASTED BONELESS CHICKEN BREASTS

This is a great lunch or dinner recipe. Use the chicken in wraps with lots of veggies for a great packed lunch. Make extra and use the chicken all week for meals at home or work. Easy and delicious! **Prep Time: 5 minutes**

Nutritional Facts

Serving Size: 4 ounces chicken

- Calories 170
- Carbohydrate 3 g
- Protein 24 g
- Fat 6 g
- Saturated Fat 1.3 g
- Dietary Fiber 0 g
- Cholesterol 65 mg
- Sodium 60 mg

Ingredients

Cooking Spray

4 4-oz boneless, skinless chicken breasts

1 teaspoon salt (optional)

½ teaspoon ground black pepper

1 Tablespoon olive oil

¼ cup lemon juice

2 Tbsp. minced garlic

1 ½ tsp. paprika

Instructions

1. Preheat oven to 350 degrees. Coat a baking sheet with cooking spray.
2. Place the chicken breasts on the baking sheet.
3. In a small bowl, combine 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.

This Recipe Serves 4