

# Roasted Chicken Breast

Makes 4 servings (4 oz servings)

## Ingredients

- Nonstick cooking spray
- 4 chicken breasts (4-ounces each, skinless, boneless)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon olive oil
- ¼ cup lemon juice
- 2 Tablespoon garlic (minced)
- 1 ½ teaspoon paprika



## Directions

1. Preheat oven to 350 degrees F. 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.

## Nutrition Facts

Serving Size 4 ounces chicken  
Servings Per Container 4

### Amount Per Serving

**Calories** 170

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	<b>48%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

