

Easy Baked Chicken

Adapted from: Cooks.com
Category: Entrée-Poultry

Servings: 6
Prep time: 1 hour

Ingredients

- 6 (8-oz) chicken breasts, uncooked
- 1 cup yellow onion
- 1 cup bell pepper, variety of color
- 2 teaspoons basil seasoning
- 2 teaspoons black pepper
- ¼ cup extra-virgin olive oil (*separated into ⅛ cups*)

Instructions

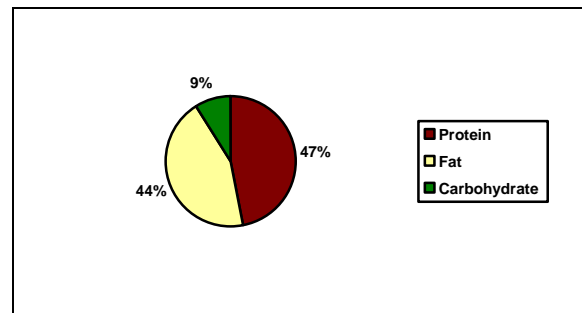
Preheat oven to 350°. Line a deep baking pan (9x13) with foil to reduce clean-up time and seal heat while baking. Drizzle foil with olive oil to avoid sticking. Sprinkle foil with 1 teaspoon black pepper and 1 teaspoon basil seasoning. Lay the chicken breasts on the oil-seasoning mixture and drizzle with remaining olive oil. Use a brush to coat chicken evenly. Sprinkle chicken with remaining pepper and basil. Add onions and peppers to baking pan. Cover pan with additional layer of foil and seal all sides. Bake for 30-45 minutes, or until center of chicken is no longer pink.

Pair with 1 slice 100% whole grain bread and 1 cup steamed broccoli.*

Nutritional Facts Per Serving

Recipe Only:

Serving Size: 1 chicken breast
Sugar:Fiber = 2:1
Mono:Sat = 3:1
Calories: 250
Carbohydrates (g): 6
Fat (g): 12
Cholesterol (mg): 80
Protein (g): 29
Sodium (mg): 790



*Recipe + Pairing:

Serving Size: 1 chicken breast, bread, broccoli
Sugar:Fiber = 1:1
Mono:Sat = 3:1
Calories: 350
Carbohydrates (g): 28
Fat (g): 14
Cholesterol (mg): 80
Protein (g): 36
Sodium (mg): 980

