



Herb-Roasted Chicken Breasts

Marinating overnight with seasoning and olive oil makes for a tender, moist, herb-roasted chicken breast every time in this easy dish. Simple never tasted so good!

Serves 4 (1 serving = 4 oz)



Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 medium onion
- 1–2 garlic cloves
- 2 tablespoons Mrs. Dash® Garlic and Herb Seasoning Blend
- 1 teaspoon ground black pepper
- ¼ cup olive oil

Nutrition Per Serving

Calories	270 cal	Carbohydrates	3 g
Total Fat	17 g	Protein	26 g
Saturated Fat	3 g	Phosphorus	252 mg
Trans Fat	0 g	Potassium	491 mg
Cholesterol	83 mg	Dietary Fiber	0.6 g
Sodium	53 mg	Calcium	17 mg

Directions

Marinating:

1. Chop onion and garlic and place in a bowl. Add Mrs. Dash Seasoning, ground pepper, and olive oil.
2. Add chicken breasts to the marinade, cover it, then refrigerate for at least 4 hours or overnight.

Baking:

1. Preheat the oven to 350°F.
2. Cover a baking sheet with foil, place the marinated chicken breasts on the pan.
3. Pour the remaining marinade over the chicken and bake at 350°F for 20 minutes.
4. Broil an additional 5 minutes for browning.

Recipe provided by Fresenius Kidney Care.

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