LEMON-ROSEMARY CHICKEN BREASTS

Yield: 4 servings (serving size: 1 breast half and about 1 tablespoon sauce)

Ingredients

• 1 1/2 tablespoons olive oil
• 1/2 teaspoon salt, divided
• 1/2 teaspoon black pepper, divided
• 4 (8-ounce) bone-in chicken breast halves, skinned
• 1 1/2 cups fat-free, less-sodium chicken broth
• 1/3 cup fresh lemon juice
• 1 rosemary sprig

Preparation

1. Preheat oven to 375°.

2. Heat a large skillet over medium-high heat; add oil. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over chicken. Add chicken; cook 3 minutes on each side. Arrange chicken in a 13 x 9-inch baking dish. Bake at 375° for 25 minutes or until a thermometer registers 165°. Remove from oven; cover and let stand 15 minutes.

3. Heat skillet over medium-high heat. Add broth, juice, and rosemary sprig. Bring to a boil, scraping pan to loosen browned bits; reduce heat, and simmer 20 minutes or until broth mixture measures 1/3 cup. Discard rosemary sprig; stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Serve sauce with chicken.

Nutritional Information

Amount per serving

• Calories: 230
• Fat: 8.9 g
• Saturated fat: 1.8 g
• Monounsaturated fat: 5 g
• Polyunsaturated fat: 1.4 g
• Protein: 33.4 g
• Carbohydrate: 2.3 g
• Fiber: 0.5 g
• Cholesterol: 89 mg
• Iron: 1.3 mg
• Sodium: 518 mg
• Calcium: 24 mg

Source: Printed with permission of Cooking Light, May 2010

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