

VitaMin

Vital health information in a minute



Photo: Becky Luigart-Stayner

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

Source: Printed with permission of *Cooking Light*, May 2010

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

GO YOU®



"Cigna," the "Tree of Life" logo and "GO YOU" are registered service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., vielfe Limited, and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc.

874677 03/15 © 2015 Cigna. Some content provided under license.