

Lemon Chicken III

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Servings: 4

*4 boneless/ skinless
chicken breasts
juice of one lemon
1 cup Italian bread crumbs
1 tablespoon olive oil
1/2 lemon, sliced thin*

Preparation Time: 30 minutes

Cook Time: 25 minutes

Preheat the oven to 350 degrees.

Rinse the chicken breasts. Pierce lightly with a fork. Place in a large bowl. Cover with cold water and add several ice cubes. Add lemon juice. Let stand for 15 to 30 minutes.

Remove the chicken breasts and place, one at a time, in a plastic bag with bread crumbs. Shake until coated.

Place the chicken in a baking dish that has been coated with nonstick cooking spray. Drizzle lightly with olive oil. Top with lemon slices.

Bake for 25 minutes.

*Can be accompanied with
steamed broccoli and rice.*

Per Serving (excluding unknown items): 141 Calories; 4g Fat (26.4% calories from fat); 4g Protein; 22g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 795mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 1 Fat.