



Basil and Chive Chicken Breast

Ingredients

1/3 oz. Sweet Basil - Dried
1/4 oz. Chives - Dried
1/4 Cup Fresh Lemon Juice
1/4 Cup White Wine
1/2 oz. Garlic – Fresh, Minced
1/2 Tsp Ground Black Pepper
1/2 Cup Olive Oil
6, 4 oz. Chicken Breasts – Boneless, Skinless, Raw

Nutrition Facts (per serving)

Calories	168
Fat (g)	6.1
Saturated Fat (g)	1.3
Cholesterol (mg)	70
Sodium (mg)	62
Carbohydrate (g)	0.6
Fiber (g)	0.2
Protein (g)	25.8
Calcium (mg)	20

Preparation

Combine basil, chives, lemon juice, white wine, garlic, black pepper and olive oil for marinade. Whisk until well-blended.

Pour marinade over chicken, turning to evenly coat. Refrigerate for 24 hours to marinate. Drain and discard excess marinade.

Arrange chicken on baking sheets. Bake in a 350 degree F. standard (325 degree F. convection) oven for 20 to 25 minutes or until chicken is thoroughly cooked.

Serves 6

Portion: 1 Breast

