



KELLY – 082 448 8761

info@justforthehealthofit.co.za

www.justforthehealthofit.co.za

Because the first Wealth, is Health!

Lemon Chicken



Ingredients:

- 4 boneless, skinless chicken breast halves
- 2 tablespoons chopped fresh or 2 teaspoons dried basil leaves
- 2 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 2 teaspoons olive or canola oil
- 1/2 teaspoon salt
- 1 clove garlic, finely chopped

1. Remove fat from chicken.
2. Make lemon sauce: Beat remaining ingredients in a medium-sized bowl with a whisk or fork.
3. Spray a 20cm pan with cooking spray and cook chicken over medium-high heat for about 15 minutes or until juices are no longer pink when thickest part of chicken is cut.
4. Spoon some lemon sauce over chicken, turn chicken over and cook for an additional 15-20 seconds. Serve chicken topped with remainder of sauce.

Serves 4.

68 calories per serving.

0.5 g fat per serving.

Run your own weight loss challenge – Agents Needed!