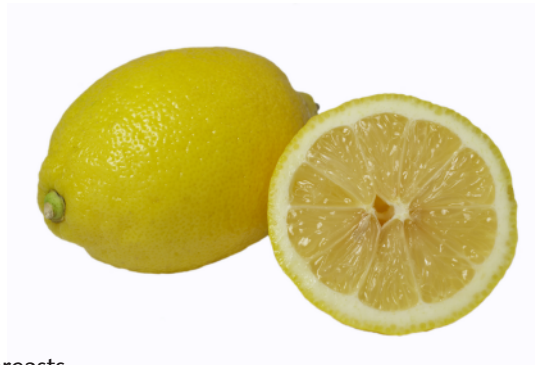


TANGY CITRUS CHICKEN



Makes 8 servings
Serving Size: 1 chicken breast

Prep Time: 10 minutes
Cook Time: 40 minutes

Ingredients

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

Directions

1. Place chicken breasts in a 13x9x2 baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350° F for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Nutrition information Per Serving

260 calories		Protein	29 g	Dietary Fiber	0 g
Total Fat	3 g	Total Carbohydrate	30 g	Sodium	410 mg
Saturated Fat	1 g				



Eat Smart

