

Rosemary Chicken

Makes 1 serving (1 protein, 1 Melba toast)

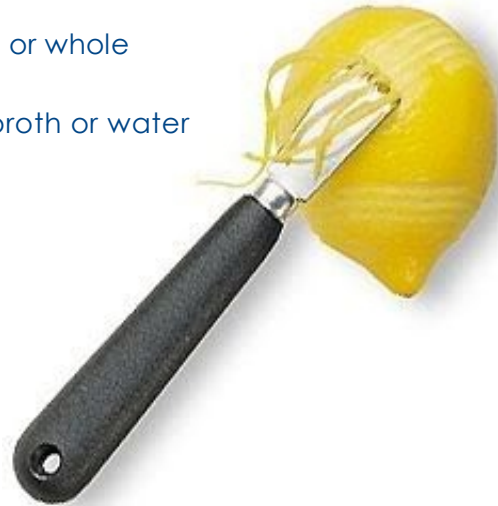
3 grams protein

2 grams fat

165 calories

Ingredients

- 100 grams chicken breast, thick sliced or whole
- 1 serving Melba toast crumbs
- ¼ cup hCG diet approved chicken broth or water
- 3 tablespoons lemon juice
- ½ teaspoon fresh rosemary
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Sea salt and pepper to taste
- Pinch of lemon zest



Directions

1. Marinate chicken in lemon juice, salt, and rosemary.
2. Mix spices and Melba toast crumbs together in shallow bowl or plate.
3. Coat the chicken pieces with spice mixture and place in baking dish.
4. Add broth and top chicken with additional spice mixture.
5. Bake chicken at 350 degrees for approximately 20 minutes or until cooked.
6. Sprinkle chicken with lemon juice, salt, and pepper to taste.
7. Garnish with fresh chopped parsley and lemon slices.

