

A Quick and Tasty Dinner



Herb Roasted Chicken

Serves: 2 | Serving Size: 1 plate

Ingredients:

2 small chicken breasts, boneless, skinless
1 tsp mayonnaise
1/2 tsp dried thyme
1/2 tsp black pepper
1/2 tsp granulated garlic
1/2 tsp chopped dried rosemary
4 cups spring mix
2 figs
Oil spray
1 medium sweet potato
Juice and zest of 1 orange

Directions:

Preheat the oven to 400 degrees. Spread the mayonnaise on the chicken and top it with the herbs. Bake the chicken until it reaches 165 degrees, about 12-15 minutes.

Meanwhile, bake the sweet potato in the microwave until it's partially cooked, then put it in the oven with the chicken until the chicken is done.

Arrange the figs and salad on the plates. Lightly spray them with oil.

When the chicken is done, slice it on the bias. Place one sliced breast on each plate. Cut the sweet potato in half and divide between the two plates. Top the potato and salad with the orange juice and zest, then serve.

Nutrition Information:

Serves 2. Each serving has 260 calories, 5g fat, 1g saturated fat, 0g trans fat, 74mg cholesterol, 111mg sodium, 26g carbohydrate, 5g fiber, 11g sugars, and 29g protein.

Each serving also has 226% vitamin A, 71% vitamin C, 9% calcium and 11% iron.

Chef's Tip:

Use a microplane to slice off the orange zest.

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