

Lemon GARLIC CHICKEN

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.nourishedbeginnings.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts	
servings per container	
Serving size	(176g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 394mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Prep time: 10 Minutes
Cook time: 30-35 Minutes
Serves: 4-6 People

INGREDIENTS:

- 4 skinless, boneless chicken breasts
- ½ cup Cedar Valley Selections Lemon Garlic Salad Dressing
- 1 sweet onion, sliced

SERVING SUGGESTIONS:

- With roasted sweet potato and broccoli;
- With cauliflower rice, diced NatureFresh™ Farms Bell Peppers, and peas;
- On top of a bed of spinach with sliced NatureFresh™ Farms Long English Cucumber, pineapple, strawberries, slivered almonds, and an extra drizzle of the Cedar Valley Selections dressing.

STEPS:

- Preheat oven to 400 F.
- Place chicken breasts and onion pieces in baking dish.
- Cover in Cedar Valley Selections Lemon Garlic Dressing and add 1-2 tbsp. of water around the edges of the chicken.
- Cover with foil and bake at 400 F for about 35 minutes or until the internal temperature of all chicken breasts is at least 165 F.

TIME SAVER TIP :

Marinate the chicken and onions in the Cedar Valley Selections dressing – that way, you only need to put it into the dish and bake it.



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