

## Oven Baked Artichoke Chicken



### Ingredients:

- cooking spray
- 2 Tbsp. fresh lemon juice
- 1 Tsp. olive oil
- 4 (4 oz) boneless, skinless chicken breasts
- 1/2 tsp Mrs. Dash Seasoning
- 1 (15 oz.) can low sodium artichoke hearts, drained and chopped

### Directions:

1. Preheat the oven to 350 degrees.
2. Spray a baking dish with cooking spray.
3. Slice Chicken breasts into 1/2 inch thick slices.
4. Squeeze the lemon juice over the chicken breasts and season with Mrs. Dash.
5. Drizzle olive oil over chicken slices.
6. Bake the chicken 15-20 minutes or until cooked.
7. Remove the chicken from the oven and sprinkle with 1 tablespoon artichoke hearts atop warm chicken slices.

### Nutrition Information:

Serving size\*: 1 chicken breast

Calories per serving: 215

Total protein per serving: 24g

Servings per recipe: 4

Total fat per serving: 7g

Total carbohydrates per serving: 5g

### Nutritional Benefits:

Chicken is a good source of Vitamin B 6 and Artichokes are a good source of Dietary Fiber

\*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from American Diabetes Association (2016). Baked Chicken with Artichoke Topping.

Photo provided by The American Diabetes Association (2016). Baked Chicken with Artichoke Topping.

Retrieved from <http://www.diabetes.org/mfa-recipes/recipes/2015-03-baked-chicken-with-artichoke.html>