



Presents



Baked Chicken Breasts

Presented on August 2, 2014

Ingredients:

2 thawed medium sized chicken breast (boneless,skinless)

Garlic Salt

Fresh or dried herbs to taste or your favorite rub

Directions:

Spray the bottom of the dish with cooking spray; lay your chicken breasts in dish. Sprinkle with garlic salt and chopped herbs to taste. Microwave with lid on for 6 minutes on high or 20 to 25 minutes in oven at 375 degrees. Prepare to enjoy the moistest chicken you have ever eaten.

We sometimes cut the chicken up to use on salads or in wraps. Other times we add our vegetable into the warmer for the last 3 minutes in microwave and have a complete meal.

Baked Cod

Ingredients:

2 pieces of cod or other white filets

Chopped garlic or garlic salt

Juice of one lemon

Italian herbs, chopped

Directions:

Spray bottom portion of dish; lay in fish fillets. Squeeze lemon juice generously onto the fish. Spread, herbs on top including garlic. Cover dish with top.

Microwave for 3 minutes, or oven bake for 15 minutes at 375 degrees.

Calories-120cal, Carbs - 0g, Fat - 1g, Protein - 25g, Sodium - 525mg, Sugar - 0g

Cod - Calories-160cal, Carbs - 4g, Fat - 0g, Protein - 30g, Sodium - 120mg, Sugar - 1g