



NUTRITION CONSULTING INC.

Deb's Quick and Delicious Chicken Bake

A quick and easy weeknight recipe the whole family with love from [dietitian Deb Lounsbury](#).

Makes 4 servings

What you need:

500 g (approx. 1 lb) skinless chicken pieces
(i.e. thighs and breasts)
2 tbsp flour
1 tbsp cornmeal
2 tbsp olive oil
¼ cup lemon juice
¼ cup liquid honey
1 tbsp soy sauce, low sodium
Salt & pepper to taste



How you prepare:

Preheat oven to 350°F. Put flour, cornmeal, a sprinkle of salt and pepper, and chicken pieces in a bag and shake to coat. Place chicken in a greased baking pan. Bake for 30 minutes.

While chicken is baking, mix the oil, lemon juice, honey, and soy sauce. After 30 minutes of cooking the chicken, pour the sauce over the chicken. Return the pan to the oven and bake for another 20-30 minutes until the chicken juices run clear.

Enjoy with rice or roasted potatoes and a salad or vegetable for a balanced dinner.

Per serving:

Calories: 290; Carbohydrates: 23 g; Fat: 10 g; Protein: 26 g

Find out why thousands of people receive our bi-monthly nutrition e-newsletter loaded with articles, podcasts, videos and healthy recipes! Visit www.healthstandnutrition.com today.

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com