

Lemon Feta Chicken

Brought to you by Holly Clegg and *Eating Well Through Cancer*

For a last-minute dinner, remember this recipe featuring Feta and lemon.

Makes 8 servings

8 skinless, boneless chicken breasts
1/4 cup lemon juice, divided
1 tablespoon dried oregano leaves, divided
1/4 teaspoon pepper
3 ounces crumbled Feta cheese
3 tablespoons chopped green onion (scallion)



1. Preheat oven to 350°F.
2. Place chicken in 13 x 9 x 2-inch baking dish, drizzle with half lemon juice. Sprinkle with half oregano and all of pepper. Top with cheese and green onion. Drizzle with remaining lemon juice and oregano.
3. Bake, covered, 45 minutes to 1 hour, or until done. Serve.

Nutritional information per serving

Calories 158, Protein (g) 28, Carbohydrate (g) 2, Fat (g) 4, Calories from Fat (%) 22, Saturated Fat (g) 2, Dietary Fiber (g) 0, Cholesterol (mg) 75, Sodium (mg) 193 Diabetic Exchanges: 4 very lean meat