



Chicken Breast Baked

Submitted by Cheryl Cowan



Baked Serves 2

2 boneless, skinless chicken breasts

1/2 lemon, juiced

Season salt (or salt-free seasoning)

Chopped parsley for garnish.

Rinse **2** chicken breasts in cold water and pat dry.

Place in small oven safe baking dish.

Sprinkle lemon juice over chicken breasts.

Sprinkle breasts with season salt (or salt free spice mix).

Bake at 350 degree approximately 15-20 minutes or until juice runs clear.

(Brining the breasts for 1-2 hours prior makes the chicken very moist but be cautioned about a possible increase in salt intake.)