



Garlic Chicken

Info:

Makes 4 Servings 125 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 lb Chicken Breast
- ❖ 1/3 Cup Water
- ❖ 1 tsp Dry Chicken Broth/Bullion
- ❖ 1 tsp Salt
- ❖ 1 tsp Garlic Powder
- ❖ 1 tsp Onion Powder
- ❖ 5 Cloves Garlic, minced
- ❖ Cooking Spray

Preparation:



1. Slice chicken breast lengthwise, into 4 flat pieces ¼" thick
2. 2 to 4 hours prior to cooking, marinate the chicken strips in a Ziploc bag with the water, chicken bullion, salt, garlic powder and onion powder.
3. Spray frying pan with cooking spray and sauté garlic for 1 minute over med to med-high heat
4. Add chicken and sauté 2-4 minutes, flip and sauté another 3 minutes or until no longer pink.
5. Serve hot!