



Onion Chicken

Info:

Makes 4 Servings 150 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Boneless, Skinless Chicken Breast
- ❖ 1 Packet Lipton Onion Soup Mix
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 400
2. Slice chicken breasts into 4 flat pieces, about ¼" thick
3. Lightly coat baking sheet with cooking spray
4. Pour onion soup mix onto plate and lightly coat chicken
5. Bake 15 minutes and serve hot!