

Garlic Broiled Chicken Breast

Give your chicken breast a makeover with this simple recipe. Serve with your preferred combinations of carbs. When making a fat-burning meal according to the Diet Free Life methodology, the garlic broiled chicken breast goes well with your preferred slow carb combinations.

Ingredients:

- 1 lb chicken breast
- 2 ½ butter (grassfed when possible)
- 2 TBSP Garlic, minced
- 1 ¼ TBSP Soy sauce
- ¼ tsp parsley flakes
- ¼ tsp ground black pepper

Method:

1. Preheat to oven to 375 degrees F. Lightly grease a baking pan.
2. In a microwave or on stove top sauce pan, mix the butter, garlic, soy sauce, pepper and parsley. Cook 2 minutes on high in microwave or cook on medium heat in sauce pan until the butter is melted.
3. Arrange chicken on the baking pan and coat with the butter mixture, reserving some of the mixture for basting.
4. Bake chicken 45 minutes in the preheated oven, until juices run clear and internal temperature reaches 170 degrees F, turning occasionally and basting with remaining butter mixture. Sprinkle with parsley to serve.

Serves: 4

APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING: 210 calories, 25 grams of protein, 3 grams of carbohydrates, 11 grams of fat, and 0 grams of fiber.



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