

DIJON CHICKEN W/ ZUCCHINI & TOMATOES

PREP TIME

10 minutes

COOK TIME

15 minutes

SERVINGS

4

INGREDIENTS

1 tablespoon nonstick cooking spray
2 medium zucchini, cut into 1/4 inch rounds
10 ounces grape tomatoes
1 tablespoon olive oil
1/4 teaspoon black pepper, divided
1/2 lemon, juiced

2 tablespoon dijon mustard
4 chicken breasts (boneless, skinless, 4 ounces each)
1/2 teaspoon salt (optional)
1/2 teaspoon garlic powder
1 teaspoon dried oregano
1 tablespoon parmesan cheese, grated

INSTRUCTIONS

1. Preheat oven to 350 degrees. Coat a large baking dish with cooking spray. In a small bowl combine zucchini, tomatoes, olive oil, 1/8 teaspoons black pepper and toss to coat. Set aside.
2. In another small bowl mix together lemon juice and Dijon mustard. Set aside
3. Season chicken breasts on both sides with 1/8 teaspoons pepper, garlic powder and oregano. Place chicken breasts in baking dish and brush top with mustard mixture. Sprinkle with Parmesan cheese.
4. Pour zucchini and tomatoes around chicken in baking dish. Bake for 30 minutes or until done.

Source: www.diabetesfoodhub.org



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

