 **Basic Baked Chicken**

*Serves 5- 3oz servings*

**Ingredients**

1 lb chicken breast

4 tsp olive oil

Salt and pepper, or whatever seasoning you prefer

**Directions**

1. Cut chicken breast into 5 equal pieces.
2. Coat with olive oil and seasoning.
3. Place in baking dish and bake at 400 degrees for 20-30 minutes, until chicken is cooked through.

**Nutrition**

110 calories, 0g carb, 21g protein, 8g fat

 **Chicken Feta Salad**

*Serves 1*

**Ingredients**

2 cups salad with your choice of non-starchy vegetables

½ cup beans

3oz Basic baked chicken (see recipe)

2 tsp olive oil

2 tsp balsamic vinegar

**Directions**

1. Layer lettuce, vegetables, beans, cheese, and chicken on a plate.
2. Whisk olive oil and balsamic vinegar in a small bowl (add water or more vinegary for more dressing). Drizzle over top. Enjoy!

**Nutrition**

330 calories, 22g C, 28g P, 15g F