



# Lemon and Herb Chicken

**Servings:** 8

**Serving Size:** 1 piece of chicken

## Ingredients:

- 1/4 cup lemon juice
- 1/4 cup vegetable oil
- 1 Tablespoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 pieces of skinless chicken, about 2 pounds

## Directions:

1. In a small bowl, mix all ingredients except chicken to make the marinade.
2. Put chicken and marinade in a large zip top food-storage bag and seal the bag.
3. Refrigerate bag of chicken for at least 4 hours, but not more than 24 hours before cooking.
4. Remove chicken from bag and throw away the bag and the marinade.
5. Heat grill or preheat oven to 350 degrees.
6. Grill chicken 10 to 15 minutes, or until internal temperature is 165 degrees F, turning once during cooking, or bake chicken on a baking pan in the oven for 40-45 minutes.

## Nutrition Facts

Serving Size 1 piece chicken  
Servings Per Container 8

Amount Per Serving

Calories 360    Calories from Fat 220

% Daily Value\*

Total Fat 25g    38%

Saturated Fat 4.5g    23%

Trans Fat 0g

Cholesterol 45mg    15%

Sodium 580mg    24%

Total Carbohydrate 18g    6%

Dietary Fiber 1g    4%

Sugars 1g

Protein 17g

Vitamin A 0%    •    Vitamin C 6%

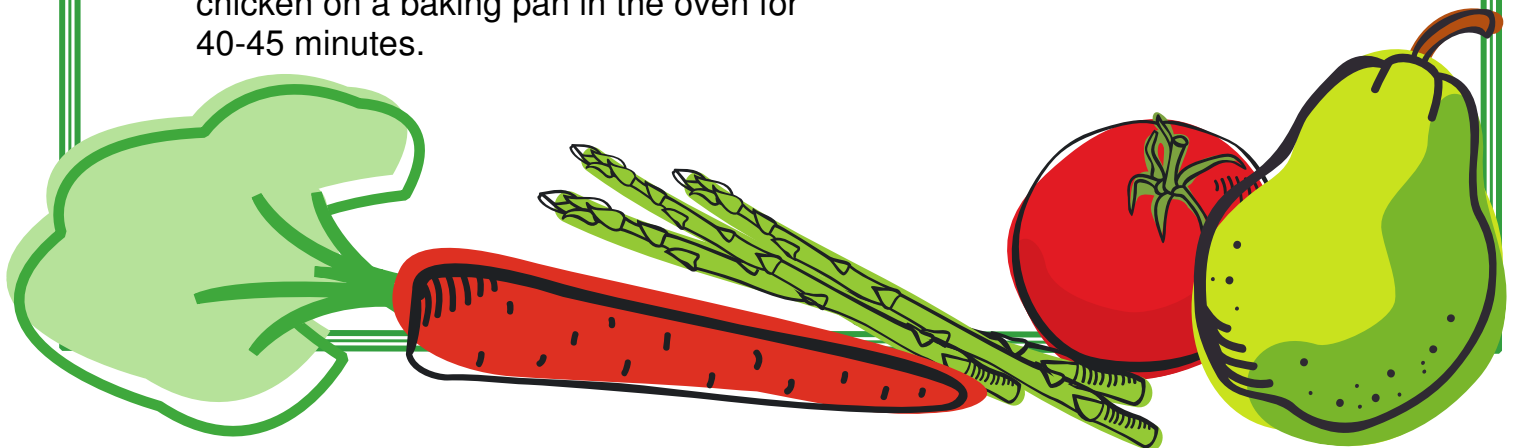
Calcium 2%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

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