

baked chicken breasts— three ways



Total Time: **2 hours 30 minutes - 2 hours 40 minutes**

Prep Time: **10 minutes**

Bake Time: **20 minutes**

Freeze Time: **2 hours**

ingredients

 (Servings: 6)

6 boneless, skinless chicken breasts or cutlets, 4 ounces each, rinsed and patted dry

For each chicken breast:

Seasoning Mix 1: 2 Tablespoons sugar-free, low-fat raspberry-vinaigrette bottled dressing

1/2 teaspoon dried tarragon

Seasoning Mix 2: 2 Tablespoons sugar-free, low-fat Italian or honey Dijon bottled dressing

1/2 teaspoon dried rosemary

Seasoning Mix 3: 1 Tablespoon Italian

1

seasoning, poultry seasoning or Cajun seasoning

Nonstick cooking spray, or olive or canola oil

directions

step 1: Place chicken breasts in small (quart-size) Ziploc® Brand Double Guard® Freezer Bags with dressing and herbs. Press out any air in the bag and evenly distribute dressing and herbs so the chicken breast is evenly coated. If using only dry seasoning mix, sprinkle it evenly over the chicken breast before placing it into a small Ziploc® Brand Double Guard® Freezer Bags.

step 2: Freeze completely for up to one month until ready to use.

step 3: Preheat the oven to 375 degrees F. Line a baking sheet with foil, lightly coating

the surface with a nonstick cooking spray or oil.

step 4: Remove frozen, seasoned chicken breasts from the bags, place on prepared baking sheet and bake until meat is cooked through, about 20–30 minutes depending on thickness of chicken.

3