

LEMON HERB-MARINATED CHICKEN

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| 2 Tbsp Mazola
RightBlend
Canola & Corn Oils | $\frac{1}{2}$ tsp salt |
| 1 Tbsp lemon juice | $\frac{1}{8}$ tsp pepper |
| $\frac{1}{2}$ tsp rosemary or
tarragon, crushed | 1 lb boneless, skinless
chicken breast halves |

In cup mix first 5 ingredients; pour over chicken. Cover; let stand at room temperature no longer than 30 minutes, turning once. Broil 10 minutes or until thoroughly cooked, turning once.

Makes 4 servings.

Each serving (with chicken) provides: 200 Calories, 25 g protein, 1 g carbohydrate, 10 g total fat, 3 g polyunsaturated fat, 1 g saturated fat, 70 mg cholesterol, 330 mg sodium.

Roasted Vegetables

Mix first 5 ingredients as above; omit chicken. In 13" by 9" baking dish toss 6 cups cut-up vegetables with marinade. Roast in 450° F oven 20 minutes or until tender, stirring once. Makes 6 servings.