

Lemon Chicken & Cinnamon Glazed Veggies

INGREDIENTS

For Cinnamon Glazed Root Veggies:

- 1 small raw sweet potato (cut into 1-inch cubes, peeled if desired)
- ½ cup baby carrots (cut into 1-inch pieces)
- 1 small turnip (cut into 1-inch cubes)

- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- ½ tsp. cinnamon
- 1 tsp. brown sugar

For Lemon Chicken:

- Non-stick cooking spray
- 4 boneless, skinless chicken breasts (all visible fat discarded)
- 1 lemon
- ¼ tsp. black pepper
- ½ tsp. dried parsley
- ½ tsp. dried oregano

DIRECTIONS

For Cinnamon Glazed Root Veggies:

1. Preheat oven to 400 degrees.
2. Combine vegetables in a medium mixing bowl and toss with olive oil to coat.
3. Spread vegetables on a baking sheet and bake for 20 minutes.
4. Stir vegetables and bake an

- additional 20 minutes until tender and lightly browned.
5. Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar. Toss until margarine is melted and veggies are coated.

For Lemon Chicken:

1. Pound chicken to even thinness (about 1 inch).
2. Spray a large skillet with non-stick cooking spray, over medium heat.
3. Add chicken to skillet, squeeze juice of ½ the lemon over chicken and sprinkle with pepper, parsley and oregano.
4. Cook for 5-10 minutes on each side.



Recipe courtesy of the American Heart Association

Serves: 4

Nutrition Information: Calories: 237; Total fat: 7.5g; Saturated fat: 1g; Cholesterol: 73mg; Sodium: 202mg; Carbohydrates: 16g; Fiber: 3g; Protein: 25g.