

Weight Watchers Baked Chicken (Weight Watchers)

1 sprays cooking spray

1 lb. uncooked boneless skinless chicken breast

½ t. salt

¼ t. black pepper, freshly ground

1 t. olive oil

1 T. fresh thyme, chopped or 1 t. dried thyme

2 t. Spice Islands No Salt Lemon Herb Seasoning (or similar product)

Preheat oven to 400°. Coat a shallow roasting pan with cooking spray.

Season both sides of chicken with salt and pepper. Transfer chicken to pan and drizzle with oil; sprinkle thyme and lemon herb seasoning.

Bake until chicken is cooked through, about 30 – 40 minutes.

Options: sprinkle 1 t. of grated Parmesan cheese over chicken before baking.

3 Points