



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Herb-Roasted Chicken Breast

Serves 12

Ingredients:

12, 4-ounce chicken breasts (3 lbs skinless, boneless)
¼ cup olive oil
4 cloves garlic
1 tsp dried thyme
1 tsp dried rosemary
1 tsp dried oregano
½ tsp salt
¼ tsp ground black pepper



Directions:

1. Preheat oven to 400°F.
2. In a large bowl, mix olive oil, garlic, dried herbs and spices. Add chicken breast and toss until evenly coated.
3. Arrange chicken on lined baking sheet. Cook the chicken in oven until the internal temperature reaches 160 degrees F, about 8-10 minutes per side.

Nutrition Tips:

1. In place of processed deli meat (e.g. chicken/turkey), bake this herb-roasted chicken and slice it thin for sandwiches! Research shows that regular (daily) consumption of processed (deli) meats can raise a person's risk of colorectal cancer by up to 18%. Reduce your risk of colorectal cancer by reducing processed meat consumption.
2. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or "doneness". Chicken needs to be cooked to an internal temperature of 165F.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.