Dinner Tonight!
Dilly Lime Chicken

1 lime, juiced
1 Tablespoon extra virgin olive oil
1/2 teaspoon dill, dried
2 garlic cloves, minced
4 chicken breasts, boneless and skinless

Preheat oven to 375 degrees.

In a small bowl, combine lime juice, olive oil, dill, and garlic. Place chicken breasts in a baking dish; pour lime seasoning over chicken. Cover chicken and refrigerate for about 15 minutes. Flip chicken over and marinate an additional 15 minutes. Bake chicken 25 to 30 minutes or until chicken is no longer pink inside.

Preparation Time: 30 minutes
Cook Time: 25 minutes
Serves: 4
Cost per serving: $2.72

Nutrition facts per serving:
Calories: 320
Total Fat: 10 g
Cholesterol: 145 mg
Sodium: 128 mg
Total Carbohydrate: 2 g
Fiber: 0 g
Protein: 54 g

Serve with: Roasted Carrots
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Roasted Carrots

1 Tablespoon extra virgin olive oil
1 teaspoon Italian seasoning
2 garlic cloves, minced
1/4 cup green onions, chopped
1 pound fresh carrots, sliced

Preheat oven to 375 degrees.

In a small bowl, combine olive oil, Italian seasoning, minced garlic and green onions. In a larger bowl, add carrots and olive oil mixture; toss until evenly coated. In a casserole dish, spread carrots out into a single layer. Bake for 30 minutes or until tender.

Preparation Time: 10 minutes
Cook Time: 30 minutes
Serves: 4

Nutrition facts per serving
Calories: 84
Total Fat: 4 g
Cholesterol: 1 mg
Sodium: 80 mg
Total Carbohydrate: 12 g
Fiber: 3 g
Protein: 1 g