 **Basic Baked Chicken**

*Serves 5- 3oz servings*

**Ingredients**

1 lb chicken breast

4 tsp olive oil

Salt and pepper, or whatever seasoning you prefer

**Directions**

1. Cut chicken breast into 5 equal pieces.
2. Coat with olive oil and seasoning.
3. Place in baking dish and bake at 400 degrees for 20-30 minutes, until chicken is cooked through.

**Nutrition**

110 calories, 0g carb, 21g protein, 8g fat