

DRESSINGS

**Italian-Style
Chicken
Breasts**



BAY VALLEY
F O O D S



Italian-Style Chicken Breasts

2 Servings

INGREDIENTS:

AMTS:

PROCEDURE:

NUTRITION (Per serving*)

Chicken breast fillets, boneless, skinless

12 to 16 oz.

Marinate chicken in dressing, covered, overnight in refrigerator.

Rod's® Deluxe Italian Dressing

3/4 cup (6 oz.)

Uncover chicken and bake at 350°F until no longer pink, about 1 hour.

Flat leaf Italian parsley, chopped

1 Tbsp.

Sprinkle with parsley to serve.

490 calories

36 g protein

3 g carbohydrate

0 g fiber

37 g fat

6 g saturated fat

100 mg cholesterol

870 mg sodium

*made with 6 oz. chicken breast

CHEF'S TIPS:

- *Chicken breasts may be served whole as entrée or cut into strips for use in salads.*
- *Raspberry Vinaigrette, Caesar, or Oriental Honey Sesame dressings may be substituted for Deluxe Italian Dressing.*



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