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## Healthy Low Fat Chicken Recipe | Andy's Famous Chicken

By **Rebecca Welch**

Anyone concerned with getting fit, staying fit, or fitness in general is usually looking for ways to eat more healthfully. Chicken breasts are one of the most diet friendly lean protein sources you can find and they do taste pretty good. Lean protein sources are extremely important for all fitness enthusiasts. Lean protein builds muscle and helps to burn fat. Here's a low fat healthy chicken recipe that you can vary to suit your mood.

### Andy's Famous Chicken

3lbs. package of boneless, skinless chicken breasts – still frozen 1 12oz. bottle of fat free salad dressing or Lawry's marinade 1 11 x 14 baking pan

Preheat oven to 400 degrees. Place frozen chicken breasts in the baking pan. Pour dressing or marinade over frozen chicken. Bake chicken at 400 degrees for about 1 to 1 1/2 hours or until chicken is lightly browned on top.

That's it! That's the whole healthy low fat chicken recipe. This chicken recipe is dead easy and especially wonderful when you want a nice dinner but you have piles of chores left to do and don't want to be chained to the stove all evening. Serve Andy's Famous Chicken with side dishes such as steamed veggies and brown rice or other whole grains and you have a fast, healthy meal that actually tastes good.

This healthy low fat chicken recipe is particularly good with fat free Italian dressing. Any fat free or low fat salad dressing may be used to maximize the flavor variations that are possible with this dish. Another good choice would be any flavor Lawry's marinade since that brand tends to be lower in fat

and calories.

For those folks who are not quite so fitness oriented, regular bottled dressing can be used and the resulting dish will be just as tasty. Another easy way to go would be canned or bottled curry sauce. It makes a great spicy dish. Andy's Famous Chicken is a great recipe for week night dinners and would also be nice enough to serve company.

Great food doesn't have to ruin your diet. Read more about fitness tips, delicious food, exercise routines and staying motivated at

<http://womens-fitness-2day.blogspot.com>

## **Chicken Scoop: Why Is Chicken A Dieter's Best Friend?**

**By News Canada**

Let's Ask the Experts

(NC)—Did you know a skinless chicken breast contains less than 1.5 grams of fat per 100 gram serving? Offering expert advice just in time for bathing suit season, Bryan Hughes, New Product Development Manager at Maple Lodge Farms raves over the nutritious merits of chicken.

"One of the leanest meats on grocery store shelves, chicken is an excellent source of protein that offers an energizing boost without the fat," says Hughes. "And by removing the skin from a chicken breast, you can reduce its fat content by an additional 80 per cent!"

But cooks often make the mistake of adding fat when preparing chicken, he adds. Oils, sauces and dressings account for 65 per cent of our daily fat intake and can quickly transform low-fat chicken into a high-fat meal. It's important to use each in moderation.

"Lighter fare is key to sensible summer eating," says Hughes. "Premium Oven Roasted and Seasoned Chicken Breasts from Maple Lodge Farms are two ideal options available at your neighbourhood Sobey's, IGA and Knechtel's food markets."

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