Low Calorie Chicken Breast Recipes

Lemon chicken & zucchini

Prep 15 min | Cook 22 min | Rest 5 min | Serves 4 | Easy



Ingredients

- 1 pound boneless skinless chicken breast cutlets / 450 g
- 1 pound zucchini / 450 g, cut into 1/2-inch half-moons
- 2 teaspoons olive oil / 10 ml, divided
- 2 tablespoons lemon juice / 30 ml
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper

Ingredient notes

Portions: This makes four modest chicken portions plus zucchini; optional sides change the meal totals.

Oil: Measure it rather than pouring freely.

Nutrition: Calories are not calculated; the keyword title is not a quantified low-calorie certification or weight-loss promise.

Method & kitchen notes

1. Heat the oven to 425°F (220°C). Flatten chicken to 1/2 inch.

2. Rub chicken with 1 teaspoon oil, half the lemon juice, oregano and garlic powder, and half the salt and pepper.

3. Toss zucchini with the remaining oil, salt and pepper. Arrange chicken and zucchini on a rimmed nonstick sheet pan with gaps.

4. Bake 15 to 22 minutes, checking chicken from 12 minutes for 165°F (74°C). Remove finished chicken; give zucchini extra time if needed.

5. Rest chicken 5 minutes, then finish everything with the remaining lemon juice.

Doneness

Measure 165°F (74°C) in the thickest center of every chicken portion; insert the probe sideways into thin cutlets. Browning, clear juices and a fixed time do not establish safety.

Tips

Keep vegetables in one layer.
Use lemon and herbs for flavor rather than extra sauce.

Serving

Divide the chicken and zucchini into four portions. Rice, bread or other sides are additional to this recipe.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer than the stated quality window.

Reheating

Reheat covered at 350°F (175°C) with a small splash of water or broth until the chicken center reaches 165°F (74°C). Check several pieces and avoid unnecessary extra cooking.

Recipe: https://howtocookchickenrecipes.com/low-calorie-chicken-breast-recipes/

Food-safety references: USDA FSIS; FoodSafety.gov.