

Baked Chicken and Herbs

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup plain low-fat yogurt
- 1 tablespoon onion powder
- 1 tablespoon parsley flakes
- 1 teaspoon sage
- ½ teaspoon tarragon
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 tablespoon water

Directions:

Preheat oven to 425°F. Bake chicken in roasting pan for 25 minutes. In separate bowl, combine yogurt, onion powder, parsley, sage, tarragon, black pepper, garlic powder, and water. Pour yogurt mixture over chicken. Reduce heat to 325°F for 20 minutes or until internal temperature reaches at least 165°F.

