

## **Smothered Chicken Breasts**

4-6 oz chicken breast halved, boneless, skinless

¼ teaspoon salt

¼ teaspoon lemon-pepper seasoning

1 Tbsp vegetable oil

¼ cup Oscar Mayer Real Bacon Bits

1 medium onion, sliced

¼ cup apple juice

½ cup shredded Colby-Jack cheese

Sprinkle chicken with salt and lemon-pepper. Place oil in a large non-stick skillet and cook chicken for 15 minutes or until juices run clear. Move to a foil-lined 9 x 13 pan and cover.

Preheat oven to 450 degrees. Rinse and dry the skillet. Sauté onion in apple juice until the onion is golden. Top chicken with bacon bits, onion and cheese. Place in oven for 10 minutes. Enjoy. Makes 8 small servings.

Nutrition information per serving: 203 calories, 30 grams protein, 8 grams fat, 2 grams carbohydrate, 289 mg sodium.