

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Date Night Chicken

Want to impress someone but don't have hours to spend in the kitchen? This chicken requires minimal ingredients, is easy to make, and is sure to please that special someone.

<b>Recipe Name:</b>	Date Night Chicken
<b>Recipe By:</b>	Adapted by Rebecca Shorrock, P.Dt from <a href="http://www.gimmesomeoven.com">www.gimmesomeoven.com</a>
<b>Short description of recipe:</b>	Any flavor of hummus can be used, but Moroccan hummus has an exotic flavour that will leave your guest wanting more.
<b>Makes</b>	2 chicken breast
<b>Ingredients:</b>	2 boneless, skinless chicken breasts, trimmed of excess fat ½ cup Moroccan hummus ½ lemon 1 garlic clove, minced ½ tsp smoked paprika
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Preheat the oven to 450F.</li><li>2. Line a baking sheet with tin foil and spray lightly with non-stick cooking spray.</li><li>3. Place chicken breasts on foil.</li><li>4. Spread ¼ cup hummus over each chicken breast, covering completely.</li><li>5. Squeeze a generous amount of lemon juice over the hummus.</li><li>6. Sprinkle each breast with the minced garlic and ¼ tsp smoked paprika.</li><li>7. Bake for 30 minutes or until the chicken is cooked through and no longer pink inside.</li><li>8. Serve alongside rice or roasted potatoes and your favourite vegetables.</li></ol>