



## Ingredients

Yield: 4

- 3 tbsp smart balance lite butter
- 4 skinless, boneless chicken breast halves (4 oz each)
- 2 tsp garlic powder
- 1 tsp seasoning salt
- 1 tsp onion powder

## Directions

1. Melt butter in a large skillet over medium high heat.
2. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder.
3. Sauté about 10 to 15 minutes on each side or until chicken is cooked through and juices run clear.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz breast	177	6.4 g	28 g	1.5 g	365 mg

Carbohydrate Exchanges: 0