

## Baked Chicken *Makes 4—3 oz. servings*

1 lb. chicken breasts  
1 Tablespoon soft margarine  
2 Tablespoons minced onion  
1/2 teaspoon garlic powder  
1/4 teaspoon paprika

1. Preheat oven to 425 degrees.
  2. Remove skin from chicken and place in ungreased baking pan.
  3. Spread margarine on each piece of chicken.
  4. Sprinkle chicken with onion, garlic powder, and paprika.
  5. Bake uncovered for 30 to 35 minutes or until tender.
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