

BAKED LEMON HERB CHICKEN

Servings: 4

Calories per Serving: 235

Fat: 15g

Carbs: 3g

Ingredients:

- 4 boneless, skinless chicken breasts
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 lemon (zest and juice)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried parsley (or 2 tbsp fresh parsley, chopped)
- 1/2 tsp paprika
- Salt and pepper, to taste
- Optional: Fresh rosemary sprigs or thyme sprigs for garnish

Directions:

1. Preheat Oven:
2. Preheat your oven to 375°F (190°C). Lightly grease a baking dish with olive oil or cooking spray.
3. Prepare Marinade:
4. In a small bowl, whisk together olive oil, garlic, lemon zest, lemon juice, oregano, thyme, parsley, paprika, salt, and pepper.
5. Season Chicken:
6. Place the chicken breasts in the baking dish. Pour the marinade over them, ensuring each piece is well-coated. For extra flavor, let the chicken marinate for 15–30 minutes at room temperature or refrigerate for up to 2 hours.
7. Bake the Chicken:
8. Cover the dish with foil and bake in the preheated oven for 20 minutes. Remove the foil and continue baking for another 10–15 minutes, or until the internal temperature reaches 165°F (75°C).
9. Optional Broil:
10. For a golden finish, broil the chicken for 2–3 minutes after baking.
11. Serve:
12. Garnish with fresh rosemary or thyme sprigs and a slice of lemon. Serve with roasted vegetables, rice, or a fresh salad.