



INGREDIENTS

- ¼ cup Olive Oil
- 3 tbsp Garlic, raw
- 1/3 cup Dry White Wine
- 1 tbsp Lemon Zest
- 2 tbsp Lemon Juice
- 1 ½ tsp Oregano, dried
- 1 tsp Thyme Leaves
- 1 oz Salt and Pepper
- 16 oz Boneless, Skinless Chicken Breast
- 1 Lemon

DIRECTIONS

1. Preheat oven to 400 F.
2. Warm olive oil in a small saucepan over medium-low heat. Add garlic and cook for 1 minute – don't let brown.
3. Turn off heat, add wine, lemon zest, lemon juice, oregano, thyme, and 1 tsp salt and pour into a 9x12 baking dish.
4. Pat chicken dry and place them over the sauce. Brush chicken with olive oil and sprinkle salt and pepper on them.
5. Cut the lemon into 8 wedges and tuck them among the pieces of chicken.
6. Bake for 30-35 minutes until chicken is done (165 F internal temperature).
7. Serve hot with pan juices.

Lemon Chicken Breasts

Dairy-Free | Gluten Free | High Protein

Yield:
4 Servings

Prep Time:
5 Min

Cook Time:
45 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
249 kcal	12 g	10 g	- g	23 g