

LEMON CHICKEN BREAST

Who doesn't like a simple chicken breast with amazing flavor that is extremely versatile? This easy protein can be eaten alone, in a soup, in a sandwich or whatever your beautiful mind has in store. Plus...the kids love it and so do the adults!

SERVINGS	SERVING SIZE	TIME TO MAKE
2	1 BREAST	40 MINUTES

INGREDIENTS

- 1 TBS Extra Virgin Olive Oil (EVOO)
- 2 garlic Cloves, peeled and minced (or 1 Tablespoon dried garlic)
- 2 Chicken Breasts
- 1 Lemon, juiced
- Salt & Pepper
- 1 tsp Dill

DIRECTIONS

1. Preheat the oven to 375 degree F
2. In an oven proof pan, place the raw chicken breasts inside.
3. Wash hands (trying to decrease the potential of food borne illness)
4. Drizzle the olive oil on top of the chicken breasts
5. Drizzle the juice of the lemon on the chicken breast
6. Sprinkle minced garlic, salt, pepper and dried dill on top
7. Place in the oven and cook for 20 minutes
8. Increase oven temperature to 400 degree F and cook for another 10 minutes
9. Remove from oven and let cool for about 5 minutes, check to ensure the internal temperature is 165 degree F
10. Enjoy!

Nutritional Information per serving: 196 Calories, 9 grams Fat, 1 gram Saturated Fat, 64 mg Cholesterol, 153 mg Sodium, 3 grams Total Carbohydrates, 0 gram Fiber, 1 grams Sugar, 26 grams Protein, 12% Vitamin A, 18% Vitamin C, 1% Calcium, 3% Iron