

Lemon-Herb Chicken

by ATKINSON DRIVE

Ingredients:

2-4 Boneless, Skinless Chicken Breasts
1/2 tsp. + 1/4 tsp. Dried Oregano
1/4 tsp. + 1/4 tsp. Dried Parsley
1/4 tsp. Dried Thyme
Dash Onion Powder
Dash Garlic Powder
Salt & Pepper (to taste)
Juice of 1 Lemon
Zest of 1/2 Lemon

Place the chicken in a bowl & sprinkle with 1/2 tsp. oregano, 1/4 tsp. parsley, thyme, onion powder & garlic powder.

Turn the chicken over & coat with 1/4 tsp. oregano & 1/4 tsp. parsley.

Turn the chicken over, squeeze the lemon juice into the bowl & zest 1/2 of the lemon over top.

Add salt & pepper to taste.

Let the chicken sit at least 10 minutes in the lemon-herb marinade.

Broil on high for 15 minutes, or until cooked through.

*If grilling, save some lemon juice (that hasn't touched the chicken) to baste with while cooking.

Serve with steamed broccoli & brown rice.