

Rosemary Lemon Chicken Skillet

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 lb Chicken Breast (sliced in half)
- 2 tbsps Rosemary (chopped)
- 2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	242	Iron	1mg
Fat	13g	Vitamin D	1IU
Carbs	4g	Folate	74µg
Fiber	1g	Magnesium	58mg
Protein	27g	Zinc	1mg
Vitamin C	19mg		

DIRECTIONS

- 01 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a ziploc bag and seal. Shake and set aside while you prep the rest.
- 02 Preheat oven to 425°F (218°C).
- 03 Arrange chicken breast halves and lemon slices in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the chicken. Bake uncovered for about 40 to 45 minutes, or until chicken are fully cooked.
- 04 Remove from oven and plate chicken over a bed of spinach. Enjoy!

NOTES

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