

# Lemon Oregano Chicken

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 lb Chicken Thighs (bone-in, skin removed)
- 2 Garlic (clove, minced)
- 1 Lemon (zest and juice divided)
- 2 1/2 tsps Oregano
- 1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	145	Iron	1mg
Fat	5g	Vitamin D	1IU
Carbs	2g	Folate	10µg
Fiber	1g	Magnesium	30mg
Protein	23g	Zinc	2mg
Vitamin C	5mg		

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
- 03 Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

## NOTES

### RECIPE ID 312

### MORE FLAVOR

Marinate the chicken for at least 30 minutes up to overnight before cooking.