

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	261	Iron	1mg
Fat	17g	Vitamin D	1IU
Carbs	2g	Folate	16µg
Fiber	0g	Magnesium	34mg
Protein	26g	Zinc	1mg
Vitamin C	9mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

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NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add additional spices such as oregano or thyme.