

Simple Lemon Herb Chicken

From: Laura Lipscomb, Training Department Manager



This is a simple, quick and delicious dish. All you need are a few spices and, of course, the chicken! The amount of spices are completely up to you. You can add more or less according to your taste. Enjoy!

Ingredients:

Skinless, boneless chicken breast halves (1 halve per serving)

1 Lemon

Salt and pepper to taste

1 tablespoon of olive oil

1 pinch of dried oregano

1. Cut lemon in half and squeeze juice from 1/2 lemon on chicken.
2. Season with salt and pepper to taste.
3. Let the chicken sit while you heat up the olive oil in a small skillet over medium heat.
4. When the olive oil is hot, place the chicken in the skillet.
5. As you sauté the chicken, add juice from the other 1/2 lemon, and add oregano.
6. Cook for 5 - 10 minutes on each side, or until juices run clear.
7. Serve chicken over rice with veggies or salad.

Enjoy!