

Lemon Chicken

This protein-packed and refreshing recipe is simple and easy with just two main ingredients: lemon and chicken!

Makes: 4 servings
 Prep Time: 10 minute
 Cook Time: 20 minutes

Source: commonthreads.org recipe - lemon chicken

Ingredients

- 1 tablespoon oil
- 2 pounds boneless, skinless chicken breasts
- 1 lemon
- Salt to taste
- Pepper to taste

Directions

1. Preheat oven to 375 F. Line a baking pan with foil for easy clean-up
2. Slice the chicken into 8 pieces. Slice the lemon into 8 rounds.
3. Place the chicken in the prepared baking pan. Drizzle oil over the top. Season with salt and pepper and top each piece of chicken with a slice of lemon.
4. Bake for 20 minutes or until cooked through. Minimum temperature should be 165 F.
5. Remove from the oven and let cool in pan for 5-10 minutes.
6. Serve and enjoy!



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 pieces (245 g)	
Nutrients	Amount
Calories:	310
Total Fat:	9 g
Saturated Fat:	1.5 g
Cholesterol:	165 mg
Sodium:	100 mg
Total Carbohydrates:	1 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	51 g

Utensils Needed

- Baking pan
- Foil
- Sharp knife
- Cutting board
- Oven

SHOPPING LIST

Average total cost without oil and seasonings: \$10.58

Average cost/serving: \$2.64

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
1 pound boneless chicken
breasts



Add 1 to Cart
lemon, 1 ct

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Serve your chicken on a bed of brown rice and your favorite steamed vegetables to make a complete heart-healthy meal!