

## Simple Lemon Chicken

Prep Time 15 mins  
 Total Time 1 hr  
 Meal Type Lunch,Dinner  
 Source From [Living Plate](#)

Servings 4



### Ingredients

lb,c g,ml

- 6 cloves garlic, *minced* (for 3 Tbs)
- 3 sprigs thyme, *leaves removed*
- 1/4 cup olive oil
- 1/3 cup chicken broth
- 1 1/2 tsp oregano, dried
- 2 lemons
- 4 boneless skinless chicken breasts
- salt, *to taste*
- pepper, *to taste*

### Directions

#### Prep

1. Preheat oven to 400°F.
2. Mince garlic. Remove thyme leaves from stems.
3. Zest and juice 1 lemon. Cut other lemon into 8 wedges.

#### Make

1. Heat olive oil in a small saucepan over medium-low heat. Add garlic and cook for one minute, just to soften.
2. Remove saucepan from the heat. Add broth, oregano, thyme leaves and the zest and juice from one lemon. Pour into a 9x12 baking dish.
3. Place chicken breasts on the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper.
4. Place lemon wedges around the chicken.
5. Bake for about 30 minutes, depending on the size of the chicken breasts, until the chicken is done at an internal temperature of 165°F. If the chicken isn't browned enough, put it under the broiler for 2 minutes.
6. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.

### Notes

This recipe also works great with bone-in, skin on chicken breasts.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>307</b>	<b>Total Fat</b> 22.9g	35%	<b>Total Carbohydrates</b> 4g	1%
		Saturated Fat 4.5g	22%	Dietary Fiber 1g	2%
		Trans Fat 0.1g		Total Sugars 1g	
		<b>Cholesterol</b> 64mg	21%	<b>Protein</b> 21g	
		<b>Sodium</b> 141mg	6%		
		Vitamin D 0mcg 3% · Calcium 46mg 4% · Iron 2mg 11% · Potassium 280mg 5%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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