

# Corvallis Citrus Herb Chicken

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

4 boneless, skinless chicken breasts  
1/4 C lemon juice  
1/4 C orange juice  
2 T olive oil  
1 T Dijon mustard

1 T Lemongrass-Ginger-Orange tea leaves,  
finely ground  
2 cloves garlic, minced  
1 T fresh rosemary, chopped  
Salt and pepper to taste

**In a small bowl**, combine the lemon juice, orange juice, olive oil, Dijon mustard, Lemongrass-Ginger-Orange tea leaves, garlic, rosemary, salt, and pepper.

**Place the chicken breasts** in a resealable plastic bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour.

**Preheat the oven** to 375°F.

**Heat a large oven-safe skillet** over medium-high heat.

**Remove the chicken breasts** from the marinade and sear them in the skillet for 2-3 minutes per side, until golden brown.

**Pour the remaining marinade** over the chicken and transfer the skillet to the oven.

**Bake for 20-25 minutes**, or until the chicken is cooked through and the internal temperature reaches 165°F.

**Let the chicken rest** for 5 minutes before serving.