

Baked Lemon Herb Chicken

Ingredients

- 4 boneless, skinless chicken breasts (6oz each)
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 2 garlic cloves, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tsp salt
- 1/2 tsp black pepper
- Lemon slices (for garnish)

Instructions

- 1. Preheat the oven to 400° F (200° C).
- 2. In a bowl, mix olive oil, lemon juice, garlic, rosemary, thyme, salt, and black pepper.
- 3. Place the chicken breasts in a baking dish and pour the mixture over the chicken, making sure it is well coated.
- 4. Bake for 25-30 minutes, or until the chicken is fully cooked.
- 5. Garnish with lemon slices before serving.

Macros (per serving, serves 4)

- Calories: 280
- Protein: 30g
- Carbs: 2g
- Fat: 15g

Shopping List

- 4 boneless, skinless chicken breasts (6oz each)
- Olive oil
- Fresh lemon juice (or lemons)
- Garlic cloves
- Fresh rosemary
- Fresh thyme
- Salt
- Black pepper

The provided macronutrient values are estimated and may not be completely accurate. Factors such as specific ingredient brands, variations in ingredient sizes, and cooking methods can affect the actual nutritional content of the recipes. For precise nutritional information, please consult a registered dietitian or use a verified nutrition calculator based on the specific ingredients and quantities you use.

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