



# Lemon Chicken with Garlic & Rosemary

(Prep time 15 mins)  
(Cook time 35 mins)  
(Yield 6 servings)

1 tablespoon snipped fresh rosemary or  
1 teaspoon dried rosemary crushed  
1 teaspoon salt  
1 teaspoon coarsely ground black pepper  
2½ pounds chicken breasts  
(skinless, boneless)  
1 tablespoon olive oil  
1 teaspoon finely shredded lemon peel  
1 tablespoon lemon juice  
2 cloves garlic, minced

## METHOD

- Preheat your oven to 425°.
- In a large bowl, combine all ingredients. Rub the seasoning into the meat pieces with your hands. \*\*
- Place chicken pieces in a lightly greased 13x9x2 inch baking pan.
- Bake in 425° oven for 20 minutes.
- Insert the tip of a food thermometer about 1 inch into the thickest part of your meat. The internal temperature of your poultry needs to reach 165°.
- Return the pan to the oven for more time if needed.
- When the temperature is reached, let your pan rest in room temperature for a few minutes prior to serving.

Nutrient analysis for 1 serving: Calories 335, Carbohydrates 1g, Total Fat 9g, Saturated Fat 2g, Sodium 528mg

\*\*Thoroughly clean your hands with warm, soapy water before and immediately after handling raw chicken to prevent cross-contamination.

*Cooking*  
*Life*  
WITH  
**CHEF RAY NOTTIE**

*This recipe does not adhere to Kosher guidelines.*