



Lemon Herb Roasted Chicken Breasts

Serves 4

2 lemons, sliced

1 tablespoon rosemary

1 tablespoon thyme

2 cloves garlic, thinly sliced

4 chicken breasts (boneless, skinless)

dash salt & pepper

1 tablespoon extra virgin olive oil

Preheat oven to 425F. Layer ½ of the lemon slices on the bottom of a baking dish. Sprinkle with ½ of the herbs and ½ of the sliced garlic.

Place the chicken breasts on top and sprinkle salt & pepper. Place remaining lemon, herbs and garlic on top of the chicken. Drizzle with olive oil. Cover with a lid or foil.

Bake for 45 minutes until chicken is cooked through. If you want the chicken to be a bit more “roasty” then remove the lid/foil and broil for another few minutes (watching carefully not to burn it).

Serve with a side of your favorite veggie and a serving of brown rice & enjoy!

Tip: You can add a leftover sliced chicken breast to your salad for lunch the next day!

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