

Chicken Lemon

2011
Good.

4 Cloves garlic - used crushed garlic

2 tablesp (30 ml) lemon juice

Zest of 1/2 lemon

2 tablesp oil

1/2 tsp salt

2 tsp dried oregano (I used lemon pepper)

4 chicken breasts or legs.

Preheat oven 400F - puree first 6 ingreds.

Place chicken on parchment paper baking sheet. Generously cover chicken with garlic-lemon mixture

Roast 30 mins - test 170F

Chicken sauce after serve 4. chicken out.