Low FODMAP Chicken Recipes

Lemon oregano chicken with chives and garlic-infused olive oil

SERVES 4	PREP 10 MIN	COOK 15 MIN	REST 5 MIN



INGREDIENTS

Chicken
1½ lb (680 g) boneless, skinless chicken breasts
1 tbsp (15 ml) certified low-FODMAP garlic-infused olive oil, without garlic pieces
½ tsp (3 g) fine salt
¼ tsp (0.5 g) black pepper

Lemon and herbs
2 tbsp (30 ml) lemon juice
1 tsp dried oregano
1 tbsp chopped chives

METHOD

1. Pound chicken to an even ¾-inch thickness. Season with salt, pepper, and oregano.

2. Heat the listed oil in a wide skillet over medium heat.

3. Cook chicken 5–7 minutes per side, adjusting for thickness, until the thickest center reaches 165°F (74°C).

4. Rest for 5 minutes, then spoon over lemon juice and chopped chives.

Doneness: Check the thickest center of each portion with a food thermometer; it must reach 165°F (74°C). **Tips:** Check seasoning blends for hidden onion and garlic; use only certified low-FODMAP garlic-infused oil with no garlic pieces. **Variations:** Swap oregano for thyme or lemon for lime. **Serve:** Pair with green salad or steamed vegetables. **Storage:** Refrigerate within 2 hours and use within 3–4 days. Freeze cooked portions up to 2 months; reheat to 165°F (74°C).