Low Sodium Chicken Recipes

Lemon-garlic oregano baked chicken

15 min prep | 22 min bake | 5 min rest | 42 min total · 4 servings



RECIPE AT A GLANCE

Ingredients

- 1½ lb (680 g) plain, unenhanced chicken breast
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 2 garlic cloves (6 g), minced
- 1 tsp dried oregano
- ½ tsp paprika
- ¼ tsp black pepper

SAFE DONENESS

Check the thickest chicken cutlet with a food thermometer; it must reach 165°F (74°C). Color and time alone are not reliable.

Original editorial formulation; not kitchen-tested. Sodium varies by product; no verified nutrition analysis is supplied.

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Step-by-step cooking



01

Measured ingredients; use plain unenhanced chicken.



02

Cut evenly and coat with lemon, garlic and herbs.



03

Bake at 425°F / 220°C in one layer; check for 165°F.



04

Rest 5 minutes and spoon the pan juices over.



05

Serve one portion with unsalted rice and steamed vegetables.

Method

1. Heat oven to 425°F (220°C). Cut chicken breasts horizontally into four even cutlets.
2. Mix olive oil, lemon juice, garlic, oregano, paprika and black pepper. Coat the chicken evenly. No salt is added.
3. Arrange the cutlets in one layer in a baking dish. Bake 18–22 minutes, checking early; the thickest part must reach 165°F (74°C) on a food thermometer.
4. Rest for 5 minutes, then spoon the cooking juices over the chicken.
5. Serve with unsalted rice and steamed vegetables. Choose plain, unenhanced chicken and check product labels; sodium varies by brand.

Kitchen notes

• The recipe adds no salt. Choose plain, unenhanced chicken and check labels on ingredients and sides.
• Variations from the recipe: replace oregano with rosemary, replace lemon juice with lime juice, or add roasted garlic at serving. Sodium content varies; no verified nutrition calculation is supplied.

Storage & reheating

Refrigerate within 2 hours (within 1 hour above 90°F / 32°C) in shallow covered containers at 40°F (4°C) or below; use within 3–4 days. Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality; thaw in the refrigerator. Reheat chicken and leftovers to 165°F (74°C), gently covered with a splash of water or broth.

Editorial recipe guide · Use a thermometer and follow local food-safety guidance.