Mediterranean Chicken Breast Recipes

Lemon, garlic and oregano chicken roasted until tender

Prep 20 min | Cook 25 min | Additional 35 min | Serves 4



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breasts, evenly flattened to 3/4 inch
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 4 garlic cloves (12 g), minced
- 2 tsp (2 g) dried oregano
- 1/2 tsp (3 g) salt
- 1/4 tsp ground black pepper

Method

1. Mix oil, lemon, garlic, oregano, salt and pepper. Coat chicken and marinate covered in the refrigerator for 30 minutes.

2. Heat oven to 425°F (220°C). Arrange chicken in a single layer in a shallow roasting dish.

3. Roast 18-25 minutes until the thickest centers reach 165°F (74°C).

4. Rest 5 minutes and spoon pan juices over chicken.

Food safety, storage and serving

Marinate covered in the refrigerator. Roast until the thickest center reaches 165°F (74°C), then rest 5 minutes and spoon over the pan juices. Refrigerate leftovers within 2 hours and use within 3–4 days. Serve with cucumber-tomato salad.