



Garlic Lemon Chicken

Ingredients:

- 2 tablespoons olive oil
- 4 chicken breasts
- 1 teaspoon salt
- 1 lemon, juiced
- 4 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1 teaspoon dried oregano
- Fresh parsley, chopped (for garnish)

Instructions:

- Preheat your oven to 400°F (200°C).
- In a bowl, combine the minced garlic, lemon juice, olive oil, salt, black pepper, and dried oregano.
- Arrange the chicken breasts in a baking dish and pour the garlic-lemon mixture over them, making sure they are thoroughly coated.
- Bake for 25-30 minutes, or until the chicken is fully cooked and reaches an internal temperature of 165°F (75°C).
- Take it out of the oven and let it rest for a few minutes before serving.
- Sprinkle with freshly chopped parsley before serving to add a touch of color.

Notes:

- ☐ Store any leftovers in an airtight container in the refrigerator for up to 3 days.
- ☐ This dish pairs wonderfully with steamed vegetables or rice.
- ☐ For enhanced flavor, marinate the chicken for a few hours before cooking.