

Very Lemony Chicken

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/vlemchic>

Ingredients

- 1-1/2 lbs. chicken breast, skinned and fat removed
- 1/2 cup fresh lemon juice
- 2 Tbsp. white wine vinegar
- 1/2 cup fresh sliced lemon peel
- 3 tsp chopped fresh oregano or 1 tsp dried oregano, crushed
- 1 medium onion, sliced
- 1/4 tsp salt
- to taste black pepper
- 1/2 tsp paprika

Instructions

1. Preheat oven to 325 degrees F.
2. Place chicken in 13 x 9 x 2 inch glass baking dish.
3. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
4. Sprinkle with salt, pepper and paprika. Cover and bake for 30 minutes. Uncover and bake for 30 minutes more or until done.

Makes 4 servings.

Nutrition information per serving

Calories: 154	Dietary Fiber: NA
Total Fat: 5 g	Sodium: 202 mg
Saturated Fat: 2 g	Protein: NA
Cholesterol: 63 mg	Carbohydrates: NA



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