



LIVE HEALTHY RECIPE

Lemon Pepper Chicken

A simple 6-ingredient recipe for baked chicken with lemon pepper seasoning is easy and packed with flavor.





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PREP TIME: 5 TO 8 MINUTES | COOK TIME: 15 TO 20 MINUTES | YIELD: 6 SERVINGS

INGREDIENTS:

- (1-7/8 pound) Chicken, Breast
- (1/3 tsp.) Salt, Kosher
- (7/8 tsp.) Pepper
- (7/8 tsp.) Lemon
- (1-3/4 tsp.) Oil, Canola
- (1-1/8 tbsp.) Juice, Lemon

DIRECTIONS:

1. Cut chicken to 5 oz. raw portions.
2. Pound or butterfly chicken to uniform size.
3. Toss chicken breasts in oil, lemon juice, lemon zest, salt and pepper.
4. Grill chicken breast, cooking to an internal temperature of 165 F degrees.
5. Discard leftover marinade.
6. Serve over Rice or over a Salad

HEALTH BENEFITS OF LEMON:

Lemons contain a high amount of vitamin C, soluble fiber, and plant compounds that give them a number of health benefits. Lemons may aid weight loss and reduce your risk of heart disease, anemia, kidney stones, digestive issues, and cancer.