

LEMON THYME CHICKEN



INGREDIENTS:

- 1 lb chicken breast
- 2 medium lemons
- 2 Tbsp lemon pepper
- 2 tsp salt
- 2 tsp dried thyme

DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Spray baking dish with cooking spray. Place chicken in dish, pour lemon juice over chicken breast and season with salt and lemon pepper.
- 3) Top each chicken breast with dried thyme.
- 4) Cut the second lemon into slices and place over each chicken breast
- 5) Bake for 30 minutes or until internal temperature reaches 165 F

Enjoy!

You can also try this recipe in the Crockpot or Stovetop

4 oz servings: Calories: 115 | Protein: 24 gm | Carbs: 1 gm | Fat: 1 gm