



Lemon Herb Grilled Chicken

This lemon herb grilled chicken is a flavorful and juicy main course that's perfect for summer grilling. Marinated in a mixture of lemon juice, garlic, and fresh herbs, the chicken is grilled to perfection, making it a delicious and healthy dinner option.

Created By:

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Prep Time:

10min

Cook Time:

15min

Servings:

4

Category:

dinner

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste
- 1/4 cup fresh lemon juice
- 3 garlic cloves, minced
- 1 tablespoon fresh rosemary, chopped

Directions:

STEP 1:

In a bowl, whisk together the lemon juice, olive oil, garlic, thyme, rosemary, salt, and pepper.

STEP 2:

Place the chicken breasts in a resealable plastic bag and pour the marinade over them.

STEP 3:

Seal the bag and refrigerate for at least 30 minutes, or up to 4 hours.

STEP 4:

Preheat your grill to medium-high heat.

STEP 5:

Remove the chicken from the marinade and discard the marinade.

STEP 6:

Grill the chicken for 6-7 minutes on each side, or until cooked through.

STEP 7:

Remove from the grill and let rest for a few minutes before serving.