

Lemon Marinated Chicken



Chicken breasts are marinated in a tangy, zesty lemon sauce in this delicious recipe.

By RFULK

Prep: 15 mins

Servings: 4


Cook: 45 mins

Total: 5 hrs


Additional: 4 hrs

Ingredients

- | | |
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| <input type="checkbox"/> ½ cup lemon juice | <input type="checkbox"/> ¼ teaspoon ground black pepper |
| <input type="checkbox"/> 2 tablespoons distilled white vinegar | <input type="checkbox"/> ½ medium onion, chopped  Local Offer |
| <input type="checkbox"/> 3 tablespoons dried oregano | <input type="checkbox"/> ½ cup long strip of lemon zest |
| <input type="checkbox"/> 1 teaspoon paprika | <input type="checkbox"/> 4 skinless, boneless chicken breast halves |



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White Onion, Large
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Directions

In a bowl, mix the lemon juice, vinegar, oregano, paprika, pepper, onion, and lemon zest. Place chicken in a medium baking dish. Pour the sauce over the chicken. Cover dish with aluminum foil, and refrigerate at least 4 hours.

Preheat oven to 375 degrees F (190 degrees C).

Place covered baking dish in the preheated oven. Do not drain marinade. Bake chicken 30 minutes. Uncover dish, and continue baking 15 minutes, until marinade is boiling and chicken juices run clear. Let chicken rest 5 minutes before serving.



Nutrition Facts

Per Serving:

151 calories; 2.9 g total fat; 61 mg cholesterol; 52 mg sodium. 8.4 g carbohydrates; 23.8 g protein;

