

Lemon Chicken Tenders

Ingredients:

2 tablespoons olive oil (can be substituted with canola oil)

1 clove garlic, minced (can be substituted with 1 tbsp garlic powder)

1 tablespoon lemon zest (can be reduced if you do not enjoy lemon as much)

6 sprigs fresh thyme, leaves stripped and chopped (oregano and rosemary can make for decent alternatives)

¼ cup lemon juice (can also be reduced if you do not care for lemons)

salt and pepper to taste

1 pound chicken breast tenders

olive oil-flavored cooking spray

Directions:

- Part One
 - Combine the olive oil, garlic, chopped thyme, lemon zest, and lemon juice in a large mixing bowl.
 - Season the chicken tenders with salt and pepper.
 - Toss the chicken with the olive oil mixture and allow it to marinate for 5 minutes.
- Part Two
 - Spray a non-stick skillet with the cooking spray, then place over medium-high heat.
 - Cook chicken tenders in a hot pan until lightly browned and cooked through (usually takes 4 minutes per side).