

## HEALTHY FOOD

# Baked Lemon Herb Chicken



## Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and black pepper to taste
- Lemon slices for garnish
- Fresh parsley, chopped, for garnish

## Instructions:

### 1. Preheat the Oven:

- Preheat your oven to 400°F (200°C).

### 2. Prepare the Marinade:

- In a small bowl, whisk together olive oil, lemon juice, minced garlic, dried oregano, dried thyme, paprika, salt, and black pepper.

### 3. Marinate the Chicken:

- Place the chicken breasts in a shallow dish or a zip-top plastic bag.
- Pour the marinade over the chicken, ensuring they are well-coated.
- Allow the chicken to marinate for at least 30 minutes.

### 4. Bake the Chicken:

- Place the marinated chicken breasts on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

### 5. Garnish and Serve:

- Garnish the baked chicken with lemon slices and freshly chopped parsley.