

## Mediterranean Chicken Breasts

- 4 -3oz boneless skinless chicken breast halves
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 3 tablespoons chopped fresh parsley
- 3 garlic clove crushed in garlic press or finely chopped
- 1 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon pepper



1. Combine lemon juice, olive oil, parsley, garlic, paprika, and oregano in large plastic food storage bag.

2. Pierce chicken with fork several times and sprinkle with salt and pepper. Add to bag and coat with dressing, marinate 20 minutes or up to two days in the fridge.

3. Remove chicken from bag. Grill or broil for about 5-6 minutes per side. Or, cook in a grill pan over medium-high heat, 5 to 6 minutes per side, or until cooked through.

Makes 4 servings

Serving Size = 3 ounces of chicken with 2 teaspoons of marinade

Enjoy with 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

