

Rosemary Lemon Roasted Chicken Breasts

- 2 teaspoons extra virgin olive oil
- 2 medium chicken breasts
- 1 teaspoon dried oregano leaves
- 1 teaspoon smoked paprika
- 1 tablespoon lemon juice
- 6 garlic cloves
- 5 slices lemon — more for garnishing (optional)
- Himalayan sea salt and ground black pepper
- 3 fresh rosemary sprigs — plus 4 more for garnishing (Optional)



Directions

1. In a bowl, season the chicken breasts with olive oil, dried oregano, smoked paprika, lemon juice, garlic, lemon slices, salt, pepper, and rosemary. Toss everything very well.
2. Cover the bowl with plastic wrap, and marinate for at least 30 minutes. Ideally, marinate the chicken for 2-3 hours if you can. Or, marinate overnight without adding the lemon juice and lemon slices. Then, 3 hours before cooking the chicken, add the lemon juice and lemon slices.
3. Preheat oven to 425°F. Place the chicken breasts on a baking sheet. Roast for 15 minutes.
4. Flip the pieces, and bake another 10-15 minutes or until the chicken reaches an internal temperature of 165°F.
5. Garnish with sprigs of fresh rosemary and slices of lemon.

Serving Size = 3 ounces