

LEMON PEPPER CHICKEN BREASTS

Sarah Roberts

Serves 6-12

Why I Make These: The spiciness of the pepper pairs perfectly with the lemon in this recipe. Be prepared for everyone to walk into the house asking "Yum! What's for dinner?!" 😊

INGREDIENTS

- 6 boneless, skinless chicken breasts (organic, free range, grain fed)
- 6 tablespoons of avocado oil
- The zest of 2 medium sized lemons. Use a metal rasp or the small grate on a box grater.
- 1.5 teaspoons Himalayan salt
- 2 teaspoons freshly ground black pepper

INSTRUCTIONS

1. Preheat oven to 400°F and line a pan with parchment paper.
2. In a small bowl, mix all of the ingredients except the chicken.
3. In a large Ziploc bag add the chicken and pour the sauce over top.
4. Shake the bag until chicken is evenly coated. Or, use a bowl and a spatula or your hands to evenly coat the chicken.
5. Arrange the chicken breasts on the pan.
6. Bake at 400°F for 20 mins. Turn the chicken breasts using tongs and bake for 5-10 more minutes, depending on size and thickness of each breast (juices should run clear and no pink should be seen).

Serve with brown rice and roasted veggies or else slice each breast and serve on top of a large salad. Enjoy!