

Lemon Pepper Chicken



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 5 minutes | **Cook:** 30 minutes

INGREDIENTS

- 1 pound Chicken Breasts or Thighs, boneless and skinless
- 1 tablespoon Lemon Pepper seasoning
- 1/2 teaspoon Salt
- 1/2 teaspoon dried Basil
- 1/2 teaspoon dried Oregano
- 1 tablespoon Vegetable Oil
- 2 tablespoons Lemon Juice

DIRECTIONS

1. Preheat your oven to 350°F.
2. Trim fat and, if needed, cut larger pieces to make 4 servings.
3. In a small bowl, mix lemon pepper seasoning, basil, and oregano.
4. Heat oil in large cast iron skillet over medium heat. When skillet is hot, use tongs to add chicken, then season with half of the lemon pepper mix. Cook for 2 minutes, then flip the chicken.
5. Pour lemon juice over chicken, season with remaining lemon pepper mix and cook for 2 more minutes.
6. Place skillet in the oven and cook for 20 to 25 minutes or until chicken reaches internal temperature of 165°F.



Nutrition Information

Serving Size: 1/4 of recipe

Calories	171
Total fat	6 g
Saturated Fat	1 g
Trans fat	
Cholesterol	83 mg
Sodium	342 mg
Carbohydrates	1 g
Fiber	
Sugars	
Protein	26 g

Recipe adapted from: Mississippi State University Extension