

Lemon Herb Chicken

This simple marinade is great for adding flavor to your proteins, such as chicken or salmon. It's made from staple ingredients you might already have on hand!

Makes: 4 Servings

Prep time: 45 minutes

Cook time: 15 minutes

Total: 1 hour

Marinade Ingredients

- ¼ cup olive oil
- ¼ cup of lemon juice
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 teaspoon salt
- ½ teaspoon of black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- 2 pounds of skinless chicken breast

Instructions

1. Combine all the ingredients except for the chicken into a medium-sized bowl. Stir until well combined.
2. Place chicken breast in marinade in the refrigerator for at least 30 minutes. The longer the chicken sits in marinade the more intense the flavor will be.
3. When chicken is done marinating, preheat grill to medium heat.
4. Remove each chicken breast from marinade and place on hot grill.
5. Cook chicken 5-7 minutes on each side, or until 165 degrees Fahrenheit.