

Simple Lemon Herb Chicken



2 servings



15 minutes

INGREDIENTS

- 2 (5 ounce) skinless, boneless chicken breast halves
- 1 medium lemon, juiced, divided
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, chopped, for garnish

DIRECTIONS

1. Place chicken in a bowl; pour $\frac{1}{2}$ of the lemon juice over chicken and season with salt.
2. Heat olive oil in a medium skillet over medium-low heat. Place chicken into hot oil. Add remaining lemon juice and oregano; season with black pepper. Cook chicken until golden brown and the juices run clear, 5 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
3. Garnish chicken with parsley to serve.