

Lemon Herb Chicken



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Servings: 2

Prep & Cook Time: About 15 minutes

Ingredients:

6 oz Organic Chicken Thighs, Boneless, Skinless
1/2 teaspoon Organic Rosemary, dried
1/2 teaspoon Organic Thyme, dried
1/2 teaspoon Organic Oregano, dried
1 Organic lemon, rinsed
1/2 teaspoon Organic Black Pepper
1/4+ teaspoon Pink Himalayan Sea Salt
1 Tablespoon Organic Coconut Oil (hexane free), melted

Instructions:

1. Rinse chicken in fresh water, pat dry with a paper towel and set aside.
2. In a small baking dish, add melted coconut oil.

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3. Place chicken on the bottom of the pan. Squeeze the fresh lemon juice over the chicken and add the spices to the chicken until well coated.
4. Bake at 425 degrees F. for 10 minutes. Then open the oven and carefully spoon some of the lemon sauce over the salmon to keep it moist. Bake an additional 5+ minutes or until chicken starts to crisp.
5. Measure out 3 ounces and Serve immediately for dinner (save 3 ounces for tomorrow's lunch).