



Nourish Recipe

Lemon Chicken

Servings: 4-6

Ingredients

4 Tbsp olive oil

2 lbs chicken pieces

6-8 lemons, cut in half

4-6 cloves garlic, grated plus 1 whole bulb of garlic

3 Tbsp honey

4 sprigs fresh rosemary

Salt and pepper to taste

Serve with roasted baby potatoes or greens



Athens, Greece

Around the World At Home



Adding not only fresh lemon juice but also the entire lemon to this dish adds even more flavor as the lemons cook with the chicken.



Serve with a fresh salad or roasted vegetables like potatoes.

What you'll need



measuring
spoons



9×13 glass
baking dish



non-stick
skillet

Lemon Chicken

Instructions

1. Preheat oven to 400F.
2. OPTIONAL STEP: Heat the oil (4 Tbsp) in a non-stick skillet over medium-high heat. Add the chicken pieces (2 lbs) and cook until the skin is browned.
3. In a baking dish, combine the grated garlic (4-6 cloves) and honey (3 Tbsp). Squeeze the lemon juice from each lemon half into the pan and put the halves in the dish face-down.
4. Break apart the bulb of garlic leaving the skin on each clove. Add the garlic cloves and rosemary (4 sprigs) to the pan.
5. Place chicken in pan and spoon some of the juice over it. Season with salt and pepper.
6. Place pan in oven and bake for 45 – 60 minutes, until chicken is done. Spoon sauce over chicken occasionally while baking.
7. Serve chicken with lemons and juice, and if desired with roasted baby potatoes or greens.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **458**

% Daily Value

Total Fat 20g **26%**

Saturated Fat 2.1g **10%**

Cholesterol 144mg **48%**

Sodium 118mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2.8g **10%**

Sugars 15.2g

Protein 49g

Vitamin D 0mcg **1%**

Calcium 51mg **4%**

Iron 2mg **9%**

Potassium 985mg **21%**