

Chicken with a Splash of Lemon

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Serves: 5 people

Yield: 5 chicken breasts

Time: 50 minutes

Ingredients

5 chicken breast cutlets, skinless
Juice from 2 lemons
1/8 teaspoon of salt
Black pepper to taste

Directions

- ✦ Preheat oven to 350° Fahrenheit.
- ✦ Season the chicken cutlets with lemon juice, salt and black pepper.
- ✦ Place chicken in a baking dish and cover with aluminum foil.
- ✦ Bake for 20 minutes. Remove the cover and bake for another 20 minutes or until thoroughly cooked.

Did You Know?

Bursting with zesty citrus flavor, fresh lemon juice enhances the flavor of the chicken while reducing the need for excessive salt or prepared seasonings.

