



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

LEMON CHICKEN

Time: 60 minutes

Serves: 6

Ingredients:

1 cup fresh lemon juice
4 teaspoons seasoning salt
4 cloves garlic - finely chopped or grated
1 teaspoon fresh ground black pepper
1 teaspoon dried oregano
2 pounds boneless/skinless chicken thighs

Preparation:

Preheat your oven to 375.

In a bowl, mix together the lemon juice, seasoning salt, garlic, pepper and oregano.

Unroll the chicken thighs and layer in a casserole dish. Pour over the lemon juice mixture and bake until chicken is cooked through (approximately 45 minutes).

Nutritional Information Per Serving:

Calories: 197
Fat: 8g
Carbs: 1g
Fibre: 0.1g
Protein: 30g