

Lemon Chicken Breasts

Ina Garten, *How Easy is That?*



Watch these so they don't over cook (and then be dry).

1/4 cup olive oil
3 tablespoons minced garlic (9 cloves)
1/3 cup dry white wine
1 tablespoon lemon zest (2 lemons)
2 tablespoons fresh lemon juice
1 1/2 teaspoons dried oregano
1 teaspoon fresh thyme leaves
Kosher salt and freshly ground black pepper
4 chicken breast halves, skin on (6 to 8 ounces each)
1 whole lemon

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

The nutrition info assumes you'll eat the skin. If you don't, the fat and calorie numbers will go down significantly. Mostly the chicken skin is kept on to protect the chicken from drying out.

1. Preheat the oven to 400°. [My suggestion: try 375° instead and definitely use a probe-in thermometer.]
2. Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.
3. Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
4. Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. The internal temperature should be about 160°. Once removed from the oven, it will continue to cook and will rise in temp about 5-10 degrees. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices. [My suggestion: there is a lot of lemony juice in the bottom of the baking dish - spoon it out into individual mini-ramekins and serve alongside the chicken and invite your diners to dip each piece of chicken into the jus before eating.]

Per Serving (excluding unknown items): 399 Calories; 27g Fat (62.8% calories from fat); 31g Protein; 5g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 94mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.