

BAKED LEMON CHICKEN

Equipment

None

Ingredients

4		boneless skinless chicken breast
3	tbsp	butter
1/3	cup	chicken broth
4	tbsp	fresh lemon juice
1	tbsp	honey
2	tbsp	minced garlic
1	tsp	Italian seasoning
1	tsp	salt
1/4	tsp	pepper

Directions

- Preheat oven to 400 degrees and grease a baking sheet or large casserole dish.
- Melt butter in a large skillet over a medium-high heat. Add chicken and cook 2-3 minutes on each side, just until browned. Transfer chicken to prepared baking sheet.
- In a small bowl, whisk together chicken broth, lemon juice, honey, garlic, Italian seasoning, and salt and pepper.
- Pour sauce over chicken. Bake 20-30 minutes (closer to 20 for smaller chicken breasts, closer to 30 for larger) until chicken is cooked thoroughly. Every 5-10 minutes spoon the sauce from the pan over the chicken.
- Garnish with fresh rosemary and lemon slices if desired and serve.

