

Herbs de Provence Chicken

Ingredients

4 boneless, skinless chicken breast

3 TBS Herbs de Provence olive oil

1 TBS fresh squeezed lemon juice

1 TBS Herbs de Provence

Method

Prepare grill to med/high heat. In a small bowl, stir together olive oil, lemon juice and Herbs de Provence.

Pour herb mixture on chicken breasts - coating each one thoroughly. Sit chicken in refrigerator for at least 20 minutes to marinate and infuse flavors.

Grill the chicken over med/high heat for 8 to 10 minutes on each side until chicken is cooked through and juices run clear.

To prepare in the oven: Follow the same directions for marinating. Preheat oven to 350 degrees F. Bake, uncovered for 25 to 30 minutes until chicken is cooked through.



Makes: 4 servings

Time: 35 mins