GARLIC AND ROSEMARY CHICKEN

30 minutes
2 servings

Ingredients:
- 2 boneless, skinless chicken breasts
- 2 garlic cloves, minced
- 2 Tbsp. dry rosemary
- 1 Tbsp. lemon juice
- Salt and pepper to taste

Directions:
- Place chicken in a baking dish. Cover chicken with all ingredients, and sprinkle on salt and pepper to taste. Bake at 375° for 25 minutes or until chicken is cooked through.

Did you know? To more easily peel the garlic before mincing, place a clove on a cutting board and press down on it with the flat side of a knife.

Benefits: Garlic provides selenium, a mineral with antioxidant properties and immune function.

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