

Grilled Lemon Herb Chicken

Juicy chicken breasts marinated in lemon juice, garlic, and fresh herbs, then grilled to perfection. A lean protein that complements Italian flavors wonderfully.



Italian

40 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 2 tbsp fresh lemon juice
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- Salt and pepper to taste

Steps

- 1** In a small bowl, mix lemon juice, minced garlic, olive oil, rosemary, thyme, salt, and pepper.
- 2** Place the chicken breast in a resealable bag or shallow dish and pour the marinade over it.
- 3** Marinate for at least 30 minutes, preferably up to 2 hours, in the refrigerator.
- 4** Preheat grill to medium-high heat.
- 5** Remove chicken from marinade and grill for 6-7 minutes per side, or until internal temperature reaches 165°F (75°C).
- 6** Let the chicken rest for 5 minutes before slicing and serving.