

Lemon Herb Grilled Chicken

This Lemon Herb Grilled Chicken is a zesty, flavorful dish that brings out the best in tender chicken breasts. Marinated in a citrusy blend of herbs, it's perfect for a light dinner or lunch.



Main Dish

45 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Lemon slices for garnish
- Fresh parsley, chopped (optional)

Steps

- 1 In a small bowl, combine olive oil, lemon juice, oregano, garlic powder, salt, and pepper.
- 2 Place the chicken breast in a resealable bag or a shallow dish, and pour the marinade over it. Seal the bag or cover the dish and refrigerate for at least 30 minutes.
- 3 Preheat the grill or a grill pan over medium-high heat.
- 4 Remove the chicken from the marinade and discard the excess.
- 5 Grill the chicken for 5-7 minutes on each side or until fully cooked and no longer pink in the center.
- 6 Let the chicken rest for a few minutes before slicing.
- 7 Serve with lemon slices and a sprinkle of fresh parsley if desired.