

Lemon Herb Grilled Chicken Breast

This Lemon Herb Grilled Chicken Breast is a light and zesty dish that's perfect for a quick dinner. Marinated in a refreshing lemon-herb mix, it's juicy, flavorful, and easy to prepare.


40 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Lemon wedges (for serving)

Steps

- 1 In a small bowl, mix olive oil, lemon juice, garlic powder, oregano, thyme, salt, and pepper to create the marinade.
- 2 Place the chicken breast in a resealable bag or shallow dish and pour the marinade over it. Seal or cover and refrigerate for at least 30 minutes.
- 3 Preheat the grill or a grill pan over medium heat.
- 4 Remove the chicken from the marinade and let excess drip off. Discard the marinade.
- 5 Grill the chicken for 6-7 minutes on each side or until fully cooked (internal temperature of 165°F).
- 6 Remove from grill, let it rest for a few minutes, and serve with lemon wedges.