

Skillet Rosemary Chicken

Serves: 10-12 Serving Size: 2-3oz

Ingredients:

- ☐ 4 boneless, skinless chicken breasts
- ☐ 1 Tbsp rosemary leaves
- ☐ 1 clove garlic
- ☐ 2 Tbsp extra virgin olive oil
- ☐ 2 tsp kosher salt
- ☐ Juice of 2 lemons
- ☐ Pinch of red pepper flakes (optional)



Steps:

1. Pile the rosemary leaves, garlic, salt and pinch of red pepper flakes on a cutting board, then mince and mash into a paste using a large knife.
2. Transfer the paste to a bowl. Stir in the lemon juice and the olive oil. Add the chicken and turn to coat.
3. Heat a large cast-iron skillet over medium-high heat. Add the chicken, cover and cook until skin browns, about 5 minutes. Turn the chicken, cook for another 5 minutes, lower heat to medium and cook until internal temperature reaches 160°F.

Nutrition Facts (per serving):

Calories: 50, Protein: 19 g, Fat: 4.7 g, Saturated Fat: 1 g, Carbohydrates: 1 g,
Sugars: 0 g, Sodium: 469 mg