

Oven Baked Chicken with Lemon Zest
(serves 4)

4 6oz boneless, skinless chicken breasts
1 T olive oil
1 lemon
S and P to taste

1. Drizzle chicken breast with olive oil, season with salt, pepper and lemon zest on both sides. Bake inside an oven proof dish at 325 degrees for 25 minutes. Remove from oven and allow to cool. Slice chicken place over left over grains from lunch (day 35 lunch recipe) and pour remaining juices over the top for added flavor.
2. Although, not complicated the flavor which you keep by slowly baking the chicken and returning any juice it lost by pouring it over the sliced chicken and grains is incredible.
3. Add any fresh herbs for added taste over the top.