

LEMON GARLIC CHICKEN FOR TWO

Makes 2 chicken breasts | 2 servings | \$2.50 per serving

Ingredients

1 pound boneless, skinless chicken breast
1/8 teaspoon salt
Dash teaspoon black pepper
1 small lemon, washed and quartered
1 garlic clove, peeled (1/4 teaspoon powder or 3/4 teaspoons minced)
1/4 cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Sprinkle salt and pepper onto the chicken. Add lemon quarters and garlic.
3. Place chicken in roasting pan. Pour broth over the chicken.
4. Roast uncovered, at 375°F until internal temperature reaches 165°F, about 20-25 minutes.
5. Transfer chicken to plates. Juice from roasting pan goes well over the chicken and vegetables.

LEMON GARLIC CHICKEN FOR SIX

Makes 1 chicken | 6 servings | \$1.30 per serving

Ingredients

1 3-pound broiler-fryer chicken or roasting hen
1/2 teaspoon salt
1/4 teaspoon black pepper
1 medium lemon, washed and quartered
4 garlic cloves, peeled (1 teaspoon powder or 2 teaspoons minced)
1/2 cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Sprinkle salt and pepper into the inside of the chicken. Add lemon quarters and garlic.
3. Place chicken in roasting pan. Pour broth over the chicken.
4. Roast uncovered, at 375°F until internal temperature reaches 165°F, about 1 1/2 hours.
5. Transfer chicken to a platter and carve into pieces. Juice from roasting pan goes well over the chicken and vegetables.