

## Lemon, Garlic Chicken

*This is one of those meals you could pull together in a hurry. And it uses just a few, simple ingredients.*

Serves 4 – 6

In a 2 cup measuring cup add:

¼ cup **extra virgin olive oil**  
2 tablespoons freshly squeezed **lemon juice**  
1 **clove of garlic**, minced  
½ teaspoon **sea salt**

Process with an immersion or stick blender for 30 seconds on high until emulsified.

In a large skillet over medium heat, add, coating the bottom of the pan:

2 tablespoons **extra virgin olive oil**

Then add:

6 **skinless, boneless chicken breast halves**

Pour prepared oil/lemon juice mixture over chicken breasts. Cover pan and cook approximately 7 – 9 minutes, then turn chicken over and cook an additional 7 – 9 minutes or until chicken is fully cooked.

<p>Slice the chicken up and serve warm or chilled over salad. Make a little extra sauce and serve over gluten-free noodles.</p>
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