



LEMON GARLIC CHICKEN

Ingredients:

- ☞ 2 Whole Chicken breast or 4 split breast (boneless skinless)
- ☞ ¼ Cup of Lemon Juice
- ☞ ½ Cup Extra Virgin Olive Oil
- ☞ 1 Tablespoon Whole Dried Oregano
- ☞ 1 Teaspoons of Minced Garlic
- ☞ 5 Pepperoncini peppers, Chopped fine
- ☞ 1 Teaspoons Canatella's Mediterranean Seasoning
- ☞ 2 Teaspoons Canatella's Sicilian Seasoning
- ☞ 1 Tablespoon Parsley, chopped fresh or dried
- ☞ 1 small can of chopped black olives (2 cans if eating without pasta)
- ☞ 1 large can of artichoke hearts (if eating without pasta)
- ☞ ½ Cup of water

Directions:

In a mixing bowl, add extra virgin olive oil, lemon juice, water, oregano, parsley, garlic, black olives, pepperoncini, Canatella's Mediterranean and Sicilian Seasonings; whisk until well blended.

Place chicken large non-stick skillet and cook about 5 minutes on each side until outside is completely cooked then add lemon olive oil mixture over top of chicken, then artichoke hearts quartered in skillet and bring to boil.

Cover and lower heat then simmer for about 30 minutes or until chicken is completely done.

Makes 4 servings.

Notes:

Can be served over angel hair or the pasta of your choice.

You can also replace chicken with your favorite fish (catfish, cod, tilapia, swordfish, etc)

Serving size about ½ cup about 4 servings without Pasta

Calories **325**
 Total Fat (g) **30**
 Saturated Fat (g) **4**
 Cholesterol (mg) **36**
 Sodium (mg) **214**

Carbohydrate (g) **1**
 Fiber (g) **0**
 Sugars (g) **0**
 Protein (g) **14**