



Cornell Health & Nutrition Balanced Choices for Life

Recipes

DINNER: Chicken with Thyme and Lemon

Serves 4

Ingredients

3 tablespoons of olive oil
12 oz of boneless, skinless chicken breasts, cut into 4 pieces
1 tablespoon kosher salt
2 teaspoons fresh ground black pepper
1 tablespoon dried thyme
Juice from 2 lemons

Directions

1. Cut chicken breasts into 3 oz sizes. Season on both sides with salt, pepper and thyme. Chicken should be covered in thyme.
2. Heat olive oil on med-high until shimmering. Add chicken breasts and cook on one side until browned, about 4 minutes. Turn over and cook the other side until browned – another 3 minutes.
3. Add lemon juice to the pan, cover, reduce heat to medium-low, and cook until breasts are cooked through but not dry, about 7 minutes.

You can make extra of this and keep it in the fridge or freezer for a second quick meal (chicken tacos anyone?), to add to salads, or to make chicken sandwiches.

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