



Citrus Herb Chicken

- 4 boneless skinless chicken breasts
- 2 tsps dried basil
- 1 TBSP Citrus peel (Lemon, Lime, or Orange)
- ½ tsp. salt
- Pepper to taste
- Bell pepper, squash, other veggie (*optional*)

Directions

Preheat oven to 450 degrees, or grill to medium high heat.

Center one chicken breast on a small sheet of aluminum foil (about 9x12). Repeat for each one.

Combine basil, citrus peel, and salt; Sprinkle over the chicken.

Top with veggies, or slice of citrus.

Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.

Bake 16-18 minutes on a cookie sheet in oven or grill 11-13 minutes in covered grill, or until chicken is cooked through.

TIP

You can alternate herbs and citrus. Use Cilantro and lime, or Oregano and Lemon. There are a million combos!