

**From:** AICR <recipes@aicr.org>

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## Herb-Infused Meal

Celebrate National Garden Month by using some home-grown herbs to amp up your meal. Add flavor without much salt in this recipe, highlighting the season's multitude of fresh herbs and spices. Lemon zest and cayenne pepper give a flavorful kick without overpowering the boldness of the oregano, thyme and sage. Pair with a cool spring salad and your meal will be the envy of any garden party.



### Herb-Roasted Chicken Breast

2 tsp. minced garlic  
1 tsp. grated lemon zest  
1/4 tsp. dried oregano  
1/4 tsp. dried thyme  
1/4 tsp. ground sage  
1/8 tsp. ground fennel (optional)  
Pinch of cayenne pepper  
1/2 tsp. salt  
1/8 tsp. freshly-ground black pepper  
1 Tbsp. extra-virgin olive oil  
1 Tbsp. lemon juice  
1 split whole skinless chicken breast with ribs,  
about 1 1/2 lbs, cut into 4 pieces Olive or  
canola oil cooking spray

Preheat the oven to 375 degrees.

In a small bowl, combine garlic, lemon zest, oregano, thyme, sage, fennel (if using), cayenne,

salt and black pepper. Whisk in oil and lemon juice. Rub mixture over chicken pieces, coating pieces well. Place chicken on a plate, cover with plastic wrap, and set aside for 15 minutes.

Arrange chicken in a shallow baking dish just large enough to hold pieces. Bake for 15 minutes. Lightly coat chicken with cooking spray, and bake 15 minutes more. Spray chicken again. Bake until juices run clear and meat looks white when the breast is pierced with a knife in center at thickest point, about 10 minutes more. Let sit 10 minutes for juices to settle before serving. Serve hot or at room temperature.

**Makes 4 servings.**

**Per serving:** 188 calories, 5 g. total fat (1 g. saturated fat), 1 g. carbohydrate, 31 g. protein, 0 g. dietary fiber, 379 mg. sodium.

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