



RECIPE OF THE DAY

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Lemon Herb Chicken Skillet

*A quick, zesty, and herb-filled
one-pan meal perfect for
busy weeknights!*



INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1/2 tsp paprika
- Salt and black pepper to taste
- 1/4 cup chicken broth
- Fresh parsley for garnish
- Lemon slices for garnish



DIRECTIONS

- 1 Season chicken with oregano, thyme, rosemary, paprika, salt and pepper.
- 2 Heat olive oil in a large skillet over medium-high heat.
- 3 Add chicken and cook for 5–6 minutes per side, until golden brown.
- 4 Add garlic and cook for 1 minute until fragrant.
- 5 Pour in lemon juice, lemon zest, and chicken broth. Reduce heat and simmer for 8–10 minutes, until chicken is cooked through and sauce slightly thickens.
- 6 Garnish with fresh parsley and lemon slices. Serve and enjoy!



HERBAL BENEFITS



Rosemary – Traditionally used to support memory and circulation.



Thyme – Traditionally used to support respiratory health and overall wellness.



Lemon – A great source of vitamin C and antioxidants that support immunity.



BIBLE VERSE

Psalm 104:14 (KJV)

*“He causeth the grass to grow
for the cattle, and herb for the
service of man...”*

*Look for
Herb Info &
Tasty Recipes
on my website.*



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