



Classic GREEK LEMON HERB CHICKEN

» ZESTY • JUICY • MEDITERRANEAN «

Tender, juicy chicken marinated in fresh lemon, garlic, oregano, and Mediterranean herbs, then baked to golden perfection.



» INGREDIENTS «

- 4–6 bone-in, skin-on chicken thighs or breasts
- ¼ cup olive oil
- ¼ cup fresh lemon juice (about 2 lemons)
- Zest of 1 lemon
- 4 cloves garlic, minced
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried rosemary (or 1 Tbsp fresh, chopped)
- 1 tsp salt (or to taste)
- ½ tsp black pepper
- ¼ tsp red pepper flakes (optional)
- Fresh parsley, chopped (for garnish)
- Lemon slices (for garnish)

BEST SERVED WITH:

- Greek Lemon Potatoes
- Spanakorizo (Spinach & Rice)
- Greek Salad
- Steamed Vegetables



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» DIRECTIONS «

- 1 In a large bowl, whisk together olive oil, lemon juice, lemon zest, garlic, oregano, thyme, rosemary, salt, pepper, and red pepper flakes.
- 2 Add chicken to the bowl and toss to coat well. Cover and marinate in the refrigerator for at least 1 hour, or up to overnight for best flavor.
- 3 Preheat oven to 400°F (200°C).
- 4 Arrange chicken in a baking dish. Pour any remaining marinade over the chicken. Top with lemon slices.
- 5 Bake uncovered for 35–40 minutes, or until internal temperature reaches 165°F (74°C) and chicken is golden and juicy.
- 6 Garnish with fresh parsley and serve with your favorite sides.

» CHEF CHERYL'S TIPS «

- For extra flavor, sear chicken in a hot skillet for 2–3 minutes per side before baking.
- Use fresh herbs when available for a brighter taste.
- Leftovers are delicious in salads, wraps, or grain bowls!



NATURAL INGREDIENTS



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