



Herb Crusted Lemon Chicken

Ingredients

- 2 boneless skinless chicken breasts, tenders removed and each cut in half crosswise
- ¼ cup fresh lemon juice
- 1 tablespoon butter
- 1 tablespoon olive oil
- ½-¾ cup dried bread crumbs or very finely ground fresh ones
- 3 tablespoons minced fresh basil
- 3 tablespoons minced fresh parsley
- 1½ tablespoons minced fresh rosemary
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

1. Place each piece of chicken between two sheets of parchment or waxed paper and pound with a mallet until they are an even ½" thick. Toss the chicken pieces with the lemon juice until they are evenly coated. Refrigerate, covered, one hour or as long as overnight.
2. When you are ready to bake the chicken, preheat the oven to 450 degrees.
3. Melt the butter and olive oil together in a small dish, or use only olive oil.
4. Toss the bread crumbs, herbs, and sea salt and pepper together in a large shallow bowl.
5. Remove each piece of chicken from the lemon juice, brush it on both sides with the butter and olive oil mixture or with just olive oil, and then place it in the bowl of breadcrumbs and herbs. Coat both sides of the chicken with the herb mixture, pressing to help the herbs adhere.
6. Place the coated chicken on a baking sheet and bake until it is cooked through and golden brown, 12 to 15 minutes depending on the thickness of your chicken.

Serves 4-6