

LEMON PEPPER CHICKEN



SERVING SIZE

2



INGREDIENTS

ITEM

Chicken Tenders Film Skin And
Tender Muscle Removed
Black Pepper Fresh Ground,
More Or Less
Lemon Juice
Paprika

QUANTITY

1 lbs.
 $\frac{3}{4}$ tsp.
 $\frac{1}{4}$ cup
1 tsp.

ITEM

1 tbsp. Olive Oil
Oregano Dry
Salt
Cloves Garlic, Minced

QUANTITY

1 Tbsp.
 $\frac{3}{4}$ tsp.
To taste
1



PREPARATION

- ✔ Clean and trim the chicken tenders, then transfer them to a mixing bowl.
- ✔ In a mixing bowl, combine the remaining ingredients and mix them thoroughly to craft a flavorful marinade.
- ✔ Pour the prepared marinade over the chicken, ensuring that all pieces are well-coated.
- ✔ Refrigerate for at least 30 minutes. For maximum flavor, marinate for up to 4 hours in the refrigerator.
- ✔ Preheat your grill or a skillet over medium-high heat. If you're using a skillet, you may need to add a small amount of olive oil to prevent sticking.
- ✔ Remove the chicken tenders from the marinade, allowing any excess to drip off.
- ✔ Place them on the preheated grill or in the skillet. Grill or cook for about 3-4 minutes per side or until the chicken is fully cooked and no longer pink in the center.
- ✔ While grilling or cooking, you can brush the chicken with some of the remaining marinade to enhance the lemon and pepper flavors.
- ✔ Remove the chicken from the grill or skillet and allow it to rest for a few minutes.
- ✔ Serve and Enjoy!