

C's Rosemary Chicken

Ingredients:

4 boneless, skinless chicken breasts
1 Tbsp. olive oil
1/4 tsp. paprika
1/4 tsp. white pepper
1/2 tsp. kosher salt
1 tsp. dried rosemary, or 2 1/2 tsp. fresh chopped rosemary
1/2 cup red wine vinegar
1/4 cup fresh lemon juice
pinch of Mexican oregano

Directions:

- 1. In a bowl, combine all of the above ingredients EXCEPT the chicken. Use a whisk to blend ingredients.**
- 2. In a shallow container marinate the chicken in 3/4 of the mixture for at least 2 hours, but no more than 6 hours.**
- 3. When chicken is ready, heat a skillet sprayed with olive oil pan spray or prepare your a barbecue grill.**
- 4. Place each breast on HOT grill/skillet and cook until tender. Only flip breast once. When you flip the chicken brush on remaining marinade to moisten each breast. Watch heat so you don't burn the chicken.**
- 5. Enjoy!**

Yields: 4 servings

Each serving = 28 grams protein