

Moroccan Lemon Chicken

Makes 1 serving (1 protein)

25 grams protein

2 grams fat

142 calories

Ingredients

- 100 grams chicken breast
- Juice of ½ lemon
- 1 tablespoon onion, minced
- Pinch of ginger
- Pinch of ground coriander
- Pinch of saffron
- Pinch of lemon zest
- Sea salt and pepper to taste
- Lemon slices



Directions

1. Marinate saffron strands in lemon juice, then crush into a paste.
2. Add dry spices.
3. Dip chicken breast in lemon juice and spice mixture.
4. Rub additional spices into chicken breast with salt and pepper.
5. Wrap individual servings in foil and cover with slices of lemon and a little of the saffron mixture.
6. Bake chicken at 350 degrees for 20-30 minutes or until chicken is cooked completely and tender.

