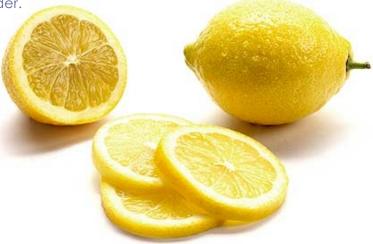
Moroccan Lemon Chicken

Ingredients

- 100 grams chicken breast
- Juice of 1/2 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.





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Makes 1 serving (1 protein) 25 grams protein 2 grams fat 142 calories

