



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Chicken with a Lemon, Garlic, and Thyme Sauce

Serves 8

Ingredients:

8, 4-ounce chicken breasts (skinless, boneless)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Lemon Garlic Thyme Sauce:

8 cloves garlic
1/4 cup olive oil
1/4 cup TBSP fresh lemon juice
1 TBSP fresh thyme



Directions:

1. Preheat oven to 400°F.
2. Brush chicken breasts with olive oil and season with salt and pepper. Line chicken in baking dish.
3. Mix ingredients for lemon garlic sauce and pour over top chicken breasts.
4. Cook the chicken in oven until the internal temperature reaches 160 degrees F, 10-15 minutes per side. Bake for 5 minutes, remove and brush chicken again with lemon mixture. Remove the chicken, rest on the chopping board for 5-10 minutes before slicing and serving.

Nutrition Tips:

1. Baking chicken in a dish with citrus-infused, olive-oil based sauce is an easy way to keep this animal protein moist and full of flavor without the saturated fats in fried poultry or butter/ cream sauces.
2. This recipe uses citrus and fresh thyme to give it a light and herbal taste. However, the fresh herb can easily be substituted with dried thyme if preferred or available.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.