



Recipes

Meats

Citrus Savory Chicken

Prep Time: 5 minutes

Marinade Time: 1-3 hours

Cooking Time: 45 minutes

Yield: 4 servings

Ingredients:

- 1/2 cup fresh grapefruit juice (ruby red works best, but any kind will do)
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 2 cloves minced garlic
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 1/2 teaspoon sea salt
- Pinch of cayenne
- 2 pinches red chili flakes
- 4 chicken breast halves on the bone

Directions:

1. Combine all ingredients, except chicken in a bowl.
2. Clean chicken and place in a zip-lock bag, add marinade.
3. Allow chicken to marinate in the fridge for at least 1 hour and up to 3 hours.
4. Preheat oven to 375 degrees.
5. Place chicken with juice in a baking dish.
6. Bake covered for 20 minutes.
7. Uncover and bake for 25 more minutes or until chicken is cooked through.