

# Roasted Mediterranean Chicken



A delicious chicken dish!

## **Ingredients:**

- 2 pounds of boneless chicken breast - cut into one inch pieces OR CHICKEN THIGHS AS PICTURES
- 5 cloves of crushed garlic
- 2 teaspoons of minced fresh thyme
- 1 teaspoon of paprika
- 1/2 teaspoon of cayenne pepper
- 2 teaspoons salt
- 1/2 teaspoon of freshly ground pepper
- 1/2 cup of fresh squeezed lemon juice
- 1/2 cup of extra virgin olive oil

## **Instructions:**

- 1) Combine the chicken, garlic, thyme, paprika, cayenne pepper, salt, pepper, lemon juice and olive oil in a bowl. Cover with plastic wrap and marinate overnight.
- 2) If you are grilling, you can put the pieces on metal or wooden skewers or rosemary twigs. Cook for 5-10 minutes on high turning every 3 minutes, or
- 4) If you are sauteing, cook over medium high heat until chicken is brown on each side. 5) Serve chicken hot over the cold salad, or
- 5) If you are roasting. Oven temperature 375° F 30 minutes or until internal temp is 165°-175° F

and the juices run clear.