

LEMON-GARLIC CHICKEN

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

2 lbs. chicken breasts; lightly pounded
Juice of 4 lemons
3 garlic cloves; minced
Lots of freshly ground black pepper

Directions:

1. Whisk lemon juice, garlic and pepper together in small bowl
2. Place chicken and lemon juice mixture in a large zip top bag and marinate for at least 2 hours (the longer the better!).
3. Heat grill or pan on medium-high.
4. Place chicken on grill or in pan; cook 5 minutes. Turn and sear 5 more minutes or until done.
5. Remove from pan.
6. Enjoy!

Citrus Vinaigrette

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Ingredients:

- 1/2 cup fresh squeezed orange juice
- 1 tsp. fresh squeezed lemon juice
- 1 medium garlic cloves, minced
- 1 tsp. red wine vinegar
- 1/4 cup water
- 1/4 cup olive oil
- Freshly ground black pepper

Directions:

1. Combine all ingredients for dressing in a bowl and whisk well.
2. Use as dressing for salad or drizzle over cooked veggies..
3. Enjoy!