Roasted Garlic Chicken

Description

This is a quick and easy dish that everyone is sure to love.

Summary

Yield: 4
Prep Time: 30 minutes
Category: Main Dish
Cuisine: Armenian

Ingredients

- 3 Boneless Skinless Chicken Breast
- 2 tbsp olive oil
- 2 tsp Rosemary
- 2 tbsp garlic minced
- 1/2 cup chicken stock
- 1 Medium Lemon
- dash sea salt
- dash fresh ground black pepper
- parmesan cheese grated

Instructions

Preheat oven to 450 degrees.

Put oil, garlic and rosemary in a 8x8 baking dish. I like to chop the rosemary fine. You can use fresh or dried, your choice. Mix the ingredients well. Cut chicken into cubes or strips, depending on what you prefer. Place chicken in dish and coat well with oil mixture.

Cook chicken for 10 minutes and remove. Pour onto the chicken the chicken broth, the zest of the lemon and the juice from the lemon. Put back in oven for another 10 minutes.

Turn off oven and grate however much cheese you like over the chicken and let sit in oven for an additional 5 mins. I use this time to finish up the sides that I am cooking.

Add fresh ground pepper over the top. Just a twist or two. I let whoever would like salt to add themselves. I like to use sea salt as it gives a much better flavor to foods than table salt.