



Herb-Roasted Chicken Breasts

By Chef Maryam Boddie

"This recipe smells so good, makes the whole house smell amazing, when I cook and reminds me of my mother."

INGREDIENTS

- 1 medium onion coarsely chopped
- 1 small green pepper, coarsely chopped
- 4 garlic cloves, coarsely chopped
- 1/2 teaspoon onion powder
- 1 teaspoon paprika
- Juice of 1 lime
- Juice of 1 lemon
- 1/2 cup finely chopped herbs such as parsley, basil, rosemary, thyme, or a combination
- Olive oil
- Pink sea salt and freshly ground black pepper
- 4 large boneless, skinless chicken breasts

METHOD

Place the onion, pepper, and garlic into a food processor and process into a thick paste while drizzling in olive oil. Mix together the garlic, green pepper, onion powder, paprika, lime and lemon juices, and the herbs in a medium bowl and set aside. Lightly sprinkle the chicken with salt and pepper and place into the herb mixture, using your hands to evenly rub the mixture around the chicken. Marinate for at least 4 hours in the refrigerator or overnight.

Preheat the oven to 350°F. Place chicken breasts on a baking sheet and roast for 15 minutes and then flip over onto the other side and continue cooking for 10 minutes. Let chicken rest for 10 minutes then slice and serve.

Serve with salad, braised greens such as cabbage, collard greens.

Portion: Serves 4