

Chicken Oreganata

1 cup fresh lemon juice (about 5 lemons)

2 tablespoons olive oil

1½ tablespoons minced garlic

½ tablespoon dried oregano

2 lbs skinless, boneless chicken thighs (about 8)

Cooking spray

¼ teaspoon salt

1/8 teaspoon black pepper

Combine first 4 ingredients in a zip-top plastic bag; add chicken. Seal and marinate in refrigerator 3 hours or overnight, turning occasionally.

Preheat oven to 350°. Remove chicken from bag and discard marinade. Place chicken in single layer on a broiler pan coated with cooking spray. Sprinkle with salt and pepper. Bake at 350° for 45 minutes or until chicken is done.

Yield: 4 servings

Source: Cooking Light magazine