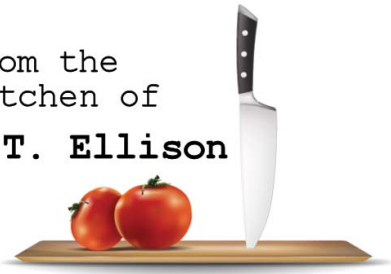


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ ¼ cup olive oil
- ✓ 3 tablespoons minced garlic (9 cloves)
- ✓ 1/3 cup dry white wine (Chardonnay and Sauvignon Blanc are delicious)
- ✓ 1 tablespoon grated lemon zest (2 lemons)
- ✓ 2 tablespoons freshly squeezed lemon juice
- ✓ 1½ teaspoons dried oregano
- ✓ 1 teaspoon minced fresh thyme leaves (or ½ teaspoon dried thyme)
- ✓ Salt and black pepper
- ✓ 4 boneless, skinless chicken breasts (6 to 8 ounces each)
- ✓ 1 lemon, cut into 8 wedges

Weeknight Lemon Chicken Breasts

(serves 4)

School is starting again. I'm going on tour. Deadlines are looming. We are busy people who need quick, healthy meals during the week. And this recipe, inspired by the great Ina Garten, fits the bill.

Directions

1. Preheat the oven to 400 degrees.
2. Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute, stirring constantly (this keeps the garlic from burning). Take the pan off the heat.
3. Add the white wine, lemon zest, lemon juice, oregano, thyme, and ½ teaspoon salt. Pour mixture into a 9 × 12-inch baking dish.
4. Pat the chicken breasts dry and place them on top of the sauce.
5. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Tuck the lemon wedges among the pieces of chicken.
6. Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is cooked through.
7. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes.
8. Sprinkle with salt and serve hot with the pan juices.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a bubbly suggestion? Check out J.T.'s wine blog, *The Wine Vixen*, at TheWineVixen.com.

