

NOURISH

holistic health & nutrition

Grilled Lemon Pepper Chicken

Serves: 4-6 Prep + Cook Time: 10 minutes + overnight

Ingredients

- 4-6 boneless, skinless, pasture-raised chicken breasts
- 1 cup organic, extra-virgin, olive oil
- $\frac{2}{3}$ cup lemon juice
- 2 tsp minced garlic
- 1 medium onion, diced
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{2}$ tsp sea salt

Instructions

1. Whisk together olive oil, lemon juice, minced garlic, salt and pepper.
2. Add the diced onion.
3. Put chicken in a gallon sized bag with marinade. Allow to marinate overnight.
4. Place chicken on preheated grill and sprinkle with additional pepper.
5. Cook for about 20 minutes on the grill or until no longer pink in center.