

Very Greek Grilled Chicken

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-greek-moussaka-recipe>

Ingredients:

- 8 boneless skinless chicken breasts
- 1/2 cup extra virgin olive oil
- 1/3 cup lemon juice fresh-squeezed
- 1 teaspoon lemon zest fresh, or 1/4 tsp. dried lemon zest, or use a little more lemon juice if you don't have lemon zest
- 1 teaspoon Greek seasoning
- 1 teaspoon poultry seasoning
- 1 teaspoon dried oregano
- black pepper to taste
- chicken breasts Click for step-by-step photos of how to make grilled

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 165 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 55 grams
7. SaturatedFat: 5 grams
8. Sodium: 310 milligrams

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