

Recipes makes: 1 Serving



Ingredients-

- ♥ 1 Clove Garlic
- ♥ 5 oz Shallots
- ♥ 5 Sprigs Thyme
- ♥ Lemon zest from ½ Lemon
- ♥ ½ oz Apple Cider Vinegar
- ♥ 1 Tbsp D'Avolio Herbs de Province Olive Oil
- ♥ 4 grams Dry Oregano
- ♥ 4 grams Celery Seed
- ♥ 3 oz Chicken Breast
- ♥ Salt and Pepper to taste
(1/8 tsp Salt MAX)

PREPARATION:

1. Place first 9 ingredients into a small robo coupe. Puree until smooth, creating a marinade.
2. Place chicken breast into zip lock bag and add the marinade to the bag. Seal Closed
3. Refrigerate for 2 hours.
4. Heat sauté pan with Olive Oil.
5. Add marinated chicken breast to hot pan and sear both sides, careful not to burn. Reduce heat to medium.
6. Cook chicken until it reaches an internal temperature of 165 degrees.

Nutrition Facts			
Serving Size: 3 oz chicken breast			
Servings: 1			
Amount Per Serving			
Calories 270	Calories from Fat 150		
% Daily Value*			
Total Fat 17g	26%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 55mg	18%		
Sodium 400mg	17%		
Total Carbohydrate 11g	4%		
Dietary Fiber 4g	15%		
Sugars 0g			
Protein 20g			
Vitamin A 10%	• Vitamin C 25%		
Calcium 20%	• Iron 25%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g