

Scott's Tangy Lemon-Garlic Roasted Chicken Breasts

Serves 4 | Cooking time: 50-60 minutes

Inspired by Ina Garten, the "Barefoot Contessa" and my mom, whose recipe for this was so close to Ina's, that it's scary!

Ingredients:

- ¼ cup good olive oil
- 3 tbsp. minced garlic (about 9 cloves)
- ½ onion, finely diced
- ⅓ cup dry white wine
- 1 tbsp. grated lemon zest (2 lemons)
- 2 tbsp. freshly squeezed lemon juice
- 1 ½ tsp. dried oregano
- 1 tsp. minced fresh thyme leaves
- 1 tbsp. honey, optional but recommended
- 1 tbsp. Worcestershire sauce, optional but recommended
- Salt and freshly ground black pepper
- 4 boneless chicken breasts, skin on and lightly pounded until even all across
- 1 lemon, cut in half and then quartered (8 wedges)

Directions:

Preheat the oven to 400°F. Warm the olive oil in a small saucepan over medium-low heat, add the onion and let cook for about 3-4 minutes until they are soft and translucent. Add garlic, and cook for just 1 minute but don't allow the garlic to turn brown.

Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, honey, Worcestershire Sauce and ½ teaspoon salt and pour into a baking dish that will fit the chicken breasts snugly in one layer. Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with some of the infused oil in the dish and sprinkle them liberally with salt and pepper. Tuck the lemon wedges among the pieces of chicken.

Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is nicely browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Remove the lemon wedges, if desired, as some people will not enjoy the slightly bitter taste. Serve hot with the pan juices spooned over the chicken.

Note: This is served best with green vegetables such as green beans, roasted broccoli, roasted broccolini, roasted asparagus, etc. and mashed potatoes, crispy roasted potatoes, brown or white rice pilaf or flavored risotto. I have found that French or Italian green beans placed in the pan during the last 15 minutes of cooking taste amazing as they soak up much of the juices, but feel free to cook them separately.