

Greek lemon and oregano grilled chicken

This recipe uses a simple but flavorful marinade, ideal for grilling or pan-searing.

Ingredients

- 2 lbs boneless, skinless chicken breasts or thighs
- 1/2 cup olive oil
- 1/2 cup lemon juice (from about 2 medium lemons)
- 2–4 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

Instructions

- **Prepare the marinade:** In a large bowl, whisk together the olive oil, lemon juice, minced garlic, oregano, salt, and pepper.
- **Marinate the chicken:** Add the chicken pieces to the bowl, toss to coat, and cover. Refrigerate for at least 30 minutes, but no more than two hours. Marinating for too long can cause the texture of the meat to change.
- **Grill the chicken:** Preheat your grill to high heat and lightly oil the grates. Remove the chicken from the marinade and discard the leftover liquid.
- **Cook and serve:** Grill the chicken for 5–7 minutes per side, or until it is cooked through and the juices run clear. An instant-read thermometer inserted into the thickest part should read at least 165°F (74°C). Let the chicken rest for a few minutes before serving.