



Lemon and Garlic Chicken with Swiss Chard

Ingredients:

3 boneless skinless chicken breasts
2 finely minced garlic cloves plus 2 finely sliced clove of garlic
Zest of 1 lemon
Juice of 1 lemon
Thin lemon slices
1 sprig of fresh oregano leaves
4 tablespoons of olive oil
1 julienne shallot
8 to 10 leaves of Swiss chard
Kosher salt and fresh cracked pepper to taste

Makes 3 servings

Preparation:

1. Place the chicken, minced garlic, lemon zest, lemon juice, oregano and 3 tablespoons of olive oil into a slider bag and mix thoroughly.
2. Place the chicken in the refrigerator for at least 30 minutes.
3. Once the chicken is marinated, remove from the bag.
4. Season with salt and pepper and sear on one side in a very hot large sauté pan.
5. Once brown (3 to 4 minutes), flip the chicken over.
6. Place on the lemon wheels and sprinkle the sliced garlic cloves all over.
7. Finish in the oven on 350°F for 10 to 12 minutes.
8. In a large hot sauté pan, add in 1 tablespoon of olive oil and caramelize the shallots.
9. Once brown, add in the Swiss chard and continually move it around the pan, so it wilts slightly, but does not burn.
10. Serve with the chicken garnished with oregano leaves.