

# Rosemary-Lemon Chicken Breasts

## **Rosemary-Lemon Chicken Breasts**

### Ingredients

2 tablespoons olive oil  
2 teaspoons lemon zest  
2 teaspoons fresh lemon juice  
1 tablespoon minced garlic  
2 teaspoons rosemary, minced  
1 teaspoon fresh thyme, minced  
1 tablespoon white wine, dry variety  
 $\frac{1}{4}$  cup reduced-sodium chicken broth  
1 lb. uncooked boneless skinless chicken breasts, thin cutlets or tenderloins  
4 sprays cooking spray

### Method

1. Combine oil, zest, juice, garlic, rosemary, thyme, wine, and broth in a glass bowl or dish; add chicken and turn to coat. Cover and refrigerate at least 6 hours or up to overnight.
2. Off heat, coat a grill or grill pan with cooking spray. Preheat grill to medium-high heat. Remove chicken from marinade (reserve marinade and see note below to make optional glaze); cook, flipping once, until internal temperature is 165°F, about 3-5 minutes per side.

### Notes

To make optional glaze, combine remaining marinade with  $\frac{1}{2}$  cup chicken broth in a small saucepan. Heat on high and bring to a boil until reduced to a slightly thick sauce, about 5 minutes. Serve grilled chicken with glaze drizzled over top.

2 WW Freestyle SmartPoints

Source: Weight Watchers (Servings: 4 | Yield: 3 ounces per serving)