



Spice Up Your Routine With Herbs

Baked Rosemary Chicken Breast

Ingredients

- 2 boneless skinless chicken breasts
- 1 tablespoon chopped fresh rosemary
- 2 cloves garlic, finely minced
- 2 teaspoons kosher salt
- ¼ teaspoon fresh ground black pepper
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1 tablespoon olive or canola oil

Directions:

1. Early in the day (4 hours in advance) mix the rosemary, garlic, salt, pepper, lemon zest, lemon juice and olive oil together in a small bowl. Press the rosemary mixture into the flesh of the chicken on all sides. Cover with plastic wrap and refrigerate for 4-8 hours
2. Before dinner preheat the oven to 450°F and put a rack in the middle position (line the sheet pan with foil for easy clean up).
3. Place the chicken breasts on a shallow roasting pan. Roast for 15 minutes, then turn the breasts over. Continue roasting until the breasts reach 160°F* in the thickest part, another 15-30 minutes. Cover chicken with foil and allow to rest, loosely covered with foil, for 5 minutes before serving.



If you are looking to spice up your meal routine, fresh herbs can transform an ordinary meal into an extraordinary meal. Pick them up at your local farmers market or grocery store or make your own garden at home for convenience. Whatever way you pick them is a good way!

Tips for using herbs in cooking:

1. When substituting fresh herbs for dried herbs, you will need to use about 3x as much for the same flavor.
2. Pick up fresh herbs as close as possible to the time you will need to use them so they don't wilt.
3. Store fresh herbs in the refrigerator in a breathable bag for up to 3 days.
4. Always wash fresh herbs before cooking with them, pat with paper towel to dry or use a salad spinner.
5. When using fresh herbs, add them at the end of the cooking process to ensure the best flavor.

Try these herbs in the following dishes:

- **Basil:** Italian dishes, in pesto, pasta, paired with tomato and mozzarella or added along with fresh fruit to water for a refreshing beverage.
- **Rosemary:** excellent with chicken dishes or salmon, stews and soups.
- **Mint:** pairs well with fruit salad, added to beverages such as water, tea or fresh lemonade.
- **Thyme:** add to eggs, potatoes, chicken or vegetable dishes.
- **Chives:** gives dips and sauces an extra punch of flavor.

Check out the recipe on the left for a great way to incorporate rosemary into your dinner meal.

