

## Quickest Roasted Chicken Dinner

### Ingredients

2 chicken breasts with skin and on the bone

4 thin lemon slices

8 cloves garlic, thinly sliced

4 sprigs thyme or any fresh herb you like

Coarse grained salt and cracked black pepper

½ cup fat-free, low sodium chicken broth

1 lemon, juiced

### Method

Preheat oven to 450 degrees.

Slide 2 fingers under the chicken skin and loosen enough to tuck 2 lemon slices, 4 garlic slices and 1 thyme sprig underneath the skin, directly over the breast meat of each chicken breast. Season chicken generously with salt and pepper.

Place chicken in the convectionware. Pour ½ cup chicken broth, remaining sliced garlic and thyme sprigs in pan bottom. Cook in oven for 15 minutes.