

Riverview Wellness Center

Recipe

Recipe for: Atwood Chicken

Ingredients: 2 boneless, skinless chicken breasts
Real salt (or any other all natural type of sea salt)
3 cloves of garlic, minced
Sprinkle of pepper
Lemon juice
Water
Sprinkle of oregano

Preparation: Sprinkle chicken with salt and pepper. Soak chicken in a casserole dish or large freezer bag in lemon juice diluted with a little water and garlic. Sprinkle chicken with oregano and refrigerate a couple of hours. Grill until brown on both sides about 30 minutes. Serve with brown rice and your favorite vegetables.