

Easy Baked Lemon Garlic Chicken Breast Recipe with Fresh Flavor

Baked Lemon Garlic Chicken Breasts



OVEN
400°F

TIME
20 to 25 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- Boneless, skinless chicken breasts
- Fresh lemon juice
- Lemon zest, optional for extra brightness
- Garlic, minced
- Olive oil
- Salt
- Black pepper
- Italian seasoning or dried oregano
- Optional fresh parsley, for garnish

DIRECTIONS

- 1. Preheat the Oven:** Preheat your oven to 400°F. Lightly grease a baking dish or line a sheet pan for easy cleanup.
- 2. Prepare the Chicken:** Pat the chicken breasts dry with paper towels. If needed, pound them lightly so they are a more even thickness. This helps them cook evenly and prevents dry edges.
- 3. Make the Lemon Garlic Mixture:** In a small bowl, whisk together the lemon juice, minced garlic, olive oil, salt, black pepper, and Italian seasoning. If you want even more lemon flavor, add a bit of lemon zest too.
- 4. Season the Chicken:** Place the chicken in the prepared baking dish and pour the lemon garlic mixture over the top. Turn the chicken to coat it well on all sides.
- 5. Bake:** Bake for about 20 to 25 minutes, depending on the thickness of the chicken breasts, until the internal temperature reaches 165°F and the chicken is cooked through.
- 6. Rest Before Serving:** Let the chicken rest for 5 minutes before slicing. This helps the juices settle so the meat stays moist.
- 7. Garnish and Serve:** Top with chopped parsley and extra lemon slices if desired, then serve warm.

SWAPS & NOTES

Chicken breasts are the classic choice here, but chicken thighs also work beautifully if you prefer darker meat with a little more richness.

Fresh lemon juice is highly recommended because it gives the

dish that clean, vibrant flavor that bottled juice never quite matches.

Garlic is one of the main flavor builders, so I would stick with fresh minced garlic if possible.

Olive oil helps the chicken stay moist and helps the seasonings cling to the surface.

TIPS FOR SUCCESS

The biggest key to great baked chicken breasts is not overcooking them.

Since chicken breasts are lean, they can dry out quickly if left in the oven too long.

Using an instant-read thermometer makes a big difference and helps you pull them out right when they reach 165°F.

Another smart tip is to let the chicken rest after baking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-baked-lemon-garlic-chicken-breast-recipe-with-fresh-flavor/>