



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
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GIANT
EAGLE
MARKET
DISTRICT

LEMON CORIANDER CHICKEN

INGREDIENTS

3 Tbsp olive oil
4 boneless skinless chicken breasts
salt and pepper
2 Tbsp ground coriander
3 garlic cloves, minced
4 lemons, juice and zest (about ½ cup)
3 Tbsp honey

INSTRUCTIONS

1. Add the garlic, coriander, salt, pepper, ¼ cup lemon juice, 2 Tbsp oil in a resealable bag or container.
2. Place chicken in the marinade. Marinate for a minimum of 3 hours.
3. Preheat skillet to medium heat. Add 1 Tbsp olive oil, then chicken breasts in a single layer.
4. Cook chicken and brown on each side, about 3 - 4 minutes depending on thickness.
5. Add remaining lemon juice to deglaze pan. Add honey and baste chicken.
6. Finish in oven at 375 F° until done (internal temperature of 165 F° or more).
7. Serve with basmati rice or curried vegetables.