

CHICKEN PESTO



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Chicken Pesto

Chicken

- 8 oz chicken breast
- 4 Tbsp lemon juice
- salt and pepper (to taste)
- olive oil cooking spray

Pesto

- 6 cloves garlic
- 1/2 cup fresh basil
- 4 Tbsp apple cider vinegar
- 1/2 cup chicken broth
- 4 Tbsp MCT oil
- 4 Tbsp lemon juice
- 1/2 tsp dried oregano
- salt and pepper to taste

1. Marinate chicken in lemon juice, salt and pepper.
2. Spritz a pan with cooking spray. On medium-high heat, brown chicken on both sides.
3. In a food processor or blender, add all pesto ingredients and blend until smooth.
4. Spritz a glass baking dish with cooking spray and add a little pesto to the bottom of the dish. Add browned chicken and top with remaining pesto.
5. Bake at 350°F for 20 minutes or until chicken is cooked through.

1 serving = 4 oz protein

