

Roasted Chicken with Goat Cheese and Lemon

Sometimes it's best for us to just keep things simple. All you need for a delicious little dinner that's healthy to boot is some chicken, goat cheese, lemon, and a little ole time (and maybe some thyme, too).

Ingredients:

2 tbs. extra-virgin olive oil
Handful of thyme sprigs
2 large boneless skinless chicken breasts
Kosher salt
Freshly ground black pepper
4 oz. goat cheese crumbled
1 large lemon sliced

Directions:

Preheat oven to 375.

In a baking dish, pour in the olive oil, then place thyme sprigs on top, making a 'bed' for the chicken.

Liberal season both sides of the chicken breasts with salt and pepper. Place on top of thyme sprigs.

Sprinkle goat cheese on top of chicken, trying your best to keep the cheese on the chicken.

Sandwich the cheese onto the chicken using the lemon slices.

Bake at 375 for 25-30 minutes, until chicken is cooked through. Turn on the broiler and cook an additional 2-4 minutes to brown the lemon and goat cheese.

