Baked Garlic Butter Chicken

### **Ingredients:**

* 1-2 boneless skinless chicken breasts
* Sea salt and pepper
* 1 stick (1/2-cup) butter or ghee
* 8 cloves garlic, minced
* 1 teaspoon of both Thyme and Rosemary

### **Directions:**

1. Preheat oven to 375F.
2. Lightly grease a baking dish with a pat of butter.
3. Season chicken breasts with salt and pepper; place in prepared baking dish and set aside.
4. Add butter to a small sauce pan and melt over low heat till it starts to clarify, about 5-8 minutes.
5. Stir in garlic and cook over low heat for about 10minutes, or until garlic is lightly browned, stirring very frequently. DO NOT burn the garlic.
6. Stir in the rosemary/thyme and remove from heat.
7. Pour the prepared garlic butter over the chicken breasts.
8. Bake for 30 or until chicken's internal temperature is 165F.