**Lemon Chicken Salad**

Cooking Time- 15-30 Minutes Oven Temp- 350

Ingredients-

1-2 Boneless skinless Chicken Breast Thick or Thin

½ Lemon juiced

Garlic Powder

Thyme

Oregano

1-2 tbsp Ghee or Coconut with butter flavor

Directions-

Place Chicken in casserole dish with Lemon juice

Season both sides of Chicken with spices

Place Ghee on top cover with foil and bake.

Chop and place on top of a salad with Italian dressing.

For Thin breast cook 15-17 Minutes, Thick Breast 25-30 Minutes

**Italian Dressing Recipe-**

¼ Cup Red Wine vinegar

½ Cup Extra Virgin Olive Oil

3 to 4 tbsp. honey

1 tsp garlic powder

1 tsp parsley

1 tsp Oregano