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▶▶▶▶ January 2013 ◀◀◀◀

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Roasted Chicken Tenders With Peppers and Onions

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Ingredients

- 1/2 teaspoon lemon zest, freshly grated
- 3 tablespoon lemon, juice, fresh
- 2 tablespoon garlic, finely chopped
- 2 tablespoon oregano, fresh, finely chopped, or 1 teaspoon dried
- 2 tablespoon pepper(s), jalapenos, pickled, finely chopped
- 2 tablespoon oil, olive, extra virgin
- 1/2 teaspoon salt
- 1 pounds chicken tenders
- 1 medium pepper(s), red, bell, or orange or yellow, seeded and thinly sliced
- 1/2 medium onion(s), thinly sliced

Preparation

1. Preheat oven to 425°F.
2. Whisk lemon zest, lemon juice, garlic, oregano, jalapenos, oil and salt in a 9-by-13-inch glass baking dish. Add tenders, bell pepper and onion; toss to coat. Spread the mixture out evenly; cover with foil.
3. Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

