

Lemon and Oregano-Rubbed Chicken

- 4 skinless, boneless chicken breast halves
- 5 tsp grated lemon or lime rind
- 1 tbsp olive oil
- 1 1/2 tsp dried oregano
- 3/4 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 1/4 tsp water
- 2 garlic cloves
- cooking spray

Prepare grill. Place each chicken breast half between two sheets of heavy duty plastic wrap, and pound to 1/4-inch thickness.

Combine lemon/lime rind and next 6 ingredients (through minced garlic); rub evenly on both sides of chicken.

Place chicken on grill rack coated with cooking spray, and grill 3-4 minutes on each side or until chicken is done. Remove from heat. Squeeze lemon wedge over each chicken breast half. Sprinkle with parsley.