

**Recipe for:** Atwood Chicken

**Ingredients:**

2 boneless, skinless chicken breasts  
Real salt (or any other all natural type of sea salt)  
3 cloves of garlic, minced  
Sprinkle of pepper  
Lemon juice  
Water  
Sprinkle of oregano

**Preparation:**

Sprinkle chicken with salt and pepper.  
Soak chicken in a casserole dish or large freezer bag in lemon juice diluted with a little water and garlic.  
Sprinkle chicken with oregano and refrigerate a couple of hours.  
Grill until brown on both sides about 30 minutes.  
Serve with brown rice and your favorite vegetables.