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Greek Chicken Tenders

- * 2-1/2 pounds chicken tenders
- * 2 lemons
- * 1-1/2 teaspoons dried oregano
- * 3/4 teaspoon salt
- * 1/2 teaspoon freshly ground pepper
- * 2 tablespoons olive oil

Spread chicken tenders on a dinner plate or other wide dish. Grate lemon rind (yellow part only) over the chicken, then cut the lemons in quarters and squeeze juice over all. Sprinkle with dried oregano, salt and pepper. Heat olive oil in a wide skillet over medium-high heat. Add tenders and juice and cook, turning over, about 8-10 minutes or until tenders are cooked through. Serve with buttered orzo on the side. Serves 4.