

ROASTED LEMON CHICKEN & VEGETABLES

This lemony baked chicken thigh recipe has only 5 ingredients and comes with a side of veggies that roast alongside the chicken for a complete weeknight dinner. Bone-in skinless chicken breast cut in half can be used instead of the thighs, if you prefer.

Active Time: 20 mins | Total Time: 50 mins



INGREDIENTS

- 1/4 cup chopped fresh herbs, such as oregano or thyme, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 5 cups cubed root vegetables, such as potatoes, carrots and/or turnips
- 1 large red onion, cut into 1-inch-thick wedges
- 4 bone-in, skinless chicken thighs (1 1/2- 2 lbs)
- 1 lemon, cut into 8 wedges

NUTRITION PROFILE

Sesame-Free Diabetes-Appropriate Nut-Free Dairy-Free
Soy-Free Heart-Healthy High-Protein Egg-Free Gluten-Free

NUTRITION FACTS

Serving Size: 1 chicken thigh & 1 1/4 cups vegetables
Calories 343, Fat 15g, Saturated Fat 3g, Cholesterol 130mg,
Carbohydrates 24g, Total Sugars 7g, Added Sugars 0g, Protein 27g,
Fiber 5g, Sodium 476mg, Potassium 892mg

DIRECTIONS

Step 1

Preheat oven to 450°F.

Step 2

Combine 2 tablespoons herbs, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a large bowl. Add root vegetables and onion; toss to coat. Spread on a large rimmed baking sheet.

Step 3

Combine the remaining 2 tablespoons herbs, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in the same bowl. Add chicken; toss to coat. Place the chicken on top of the vegetables and tuck 4 lemon wedges in.

Step 4

Roast, stirring the vegetables twice, until the vegetables are tender and an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, about 30 minutes. Discard the roasted lemon wedges. Squeeze the remaining 4 lemon wedges over the chicken.



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