

# SHEET-PAN LEMON-PEPPER CHICKEN

## w/Broccoli & Tomatoes

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By Breana Lai Killeen, M.P.H., RD

This sheet-pan lemon-pepper chicken with broccoli and tomatoes offers a blend of vitamin-rich vegetables, a healthy dose of fiber, and lean protein to fill your plate. Lemon pepper seasons the dish, adding brightness and spice.

Active Time: 15 mins | Total Time: 40 mins



### NUTRITION PROFILE

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

### INGREDIENTS

- 8 cups broccoli florets
- 1 pint cherry tomatoes
- 3 tbs extra-virgin olive oil, divided
- ½ tsp kosher salt, divided
- ¼ tsp ground pepper
- 1 ½ pounds bone-in, skin-on chicken breasts
- 2 tsp salt-free lemon pepper seasoning
- ½ cup crumbled feta cheese

### NUTRITION FACTS

Per serving: Serving Size 3 oz. chicken & 1 1/2 cups vegetables  
312 calories; total carbohydrate 13g; dietary fiber 4g; total sugars 5g;  
protein 31g; total fat 17g; saturated fat 4g; cholesterol 79mg; vitamin a  
4951iu; vitamin c 143mg; vitamin d 6iu; vitamin e 2mg; folate  
119mcg; vitamin k 7mcg; sodium 456mg; calcium 150mg; iron 2mg;  
magnesium 69mg; potassium 872mg; zinc 2mg; vitamin b12 1mcg

### DIRECTIONS

#### STEP 1

Preheat oven to 425°F.

#### STEP 2

Toss broccoli and tomatoes in a large bowl with 2 tablespoons oil, 1/4 teaspoon salt and pepper.

#### STEP 3

Cut chicken breasts into 4 equal portions. Brush the chicken with the remaining 1 tablespoon oil and sprinkle with lemon pepper seasoning and the remaining 1/4 teaspoon salt. Place the chicken on one half of a rimmed baking sheet. Roast for 10 minutes. Remove from oven; carefully add the broccoli and tomatoes to the other side of the pan.

#### STEP 4

Continue roasting, stirring the vegetables once halfway through, until an instant-read thermometer inserted in the thickest part of a breast without touching bone registers 165°F and the vegetables are tender, 15 to 18 minutes more.

#### STEP 5

Sprinkle feta over the vegetables on the pan; stir to allow the feta to slightly melt. Serve the chicken and vegetablestopped with the pan drippings.



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