

GREEK SHEET PAN CHICKEN and VEGETABLES

SERVES: 4 | SERVING SIZE: 1 chicken breast with about 2/3 cup vegetables
PREP: 20 minutes | READY: 1 hour (not including marinating time)

INGREDIENTS

Chicken and marinade

- 2 (8 to 10 ounces each) boneless skinless chicken breasts, halved lengthwise
- 1/4 cup olive oil
- 1/4 cup fresh-squeezed lemon juice
- 1 tablespoon dried oregano
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Vegetables

- 1 medium orange, yellow or red bell pepper, cut into strips
- 1 cup whole grape tomatoes
- 1 small red onion, cut into small wedges
- 1 tablespoon olive oil
- Vegetable oil cooking spray

Lemon vinaigrette

- 1 tablespoon olive oil
- 1 tablespoon fresh-squeezed lemon juice
- 1 tablespoon white wine vinegar
- 1 teaspoon granulated sugar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Garnish

- 1/4 cup crumbled feta cheese
- 3 tablespoons minced fresh parsley



DIRECTIONS

To prepare chicken, place halved chicken breasts in a gallon size zip-top plastic bag. In a small bowl, whisk together olive oil (1/4 cup), lemon juice (1/4 cup), oregano, garlic, salt (1/2 teaspoon), and black pepper (1/4 teaspoon). Pour marinade over chicken, turning to evenly coat. Refrigerate at least 6 hours, or for best flavor marinate overnight.

To prepare vegetables, add bell pepper strips, grape tomatoes, and onion wedges to bowl. Drizzle with 1 tablespoon oil and toss to coat. Evenly space vegetables on a large, rimmed sheet pan lightly coated with cooking spray. Add marinated chicken breasts to sheet pan and discard marinade remaining in plastic bag.

Roast chicken breasts and vegetables in a preheated, 400-degree oven for 20 to 25 minutes or until chicken registers 165 degrees. Remove cooked chicken from sheet pan and keep warm. Continue to roast vegetables until the moisture accumulated on the pan has evaporated and the vegetables begin to brown slightly, about 15 minutes.

While vegetables are roasting, **prepare lemon vinaigrette** by whisking together olive oil (1 tablespoon), lemon juice (1 tablespoon), white wine vinegar, sugar, mustard, salt (1/4 teaspoon), and black pepper (1/8 teaspoon); set aside.

Remove roasted vegetables from sheet pan and pour lemon vinaigrette onto sheet pan. Stir vinaigrette around entire pan to loosen brown bits that have formed on the bottom of the pan creating a sauce. Return the chicken and vegetables to the sheet pan, moving the chicken and vegetables around the pan to coat in the sauce. Garnish with feta cheese and parsley and serve.

Cook's note: For the most flavorful marinated chicken, use thinner breasts. This allows the marinade to more easily penetrate and flavor the entire piece of chicken. You can pound the chicken breast with a meat mallet to an even thickness (1/2- to 3/4-inch thickness works well). I prefer cutting them in half lengthwise, creating two, half thickness chicken breasts. One large 8- to 10-ounce chicken breast will yield two, perfectly portioned, 4- to 5-ounce breasts.

NUTRITION INFORMATION PER SERVING

327 calories, 16 g total fat, 3 g saturated fat, 0 g trans fat, 100 mg cholesterol, 362 mg sodium, 10 g total carbohydrate, 2 g dietary fiber, 4 g total sugars, 1 g added sugars, 38 g protein, 0 mcg (0%) vitamin D, 58 mg (4%) calcium, 2 mg (10%) iron, 406 mg (8%) potassium

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