

One Pan Lemon Garlic Chicken Bake – Makes 6 servings

<https://www.eminencenutrition.com/one-pan-lemon-garlic-chicken-bake>



Ingredients:

- 4-5 Chicken breasts, cut in half
- 1x1.5lb Bag mini potatoes, cut into quarters
- 3 Zucchini, cut into half moons
- 3 Bell peppers, sliced thick

Marinade:

- ¼ cup Lemon juice or juice of 1 lemon
- 3 tbsp. Olive oil
- 1 tbsp. Red wine vinegar
- 4 Garlic cloves, minced
- ¼ cup Fresh basil, chopped (or 3 tsp. dried basil)
- 4 sprigs Fresh oregano (or 2 tsp. dried oregano)
- 2 tbsp. Fresh parsley, chopped (or 2 tsp. dried parsley)
- 2 tsp. Salt

Directions:

1. Preheat oven to 400F.
2. Place chicken into a large Ziploc bag with marinade ingredients. Marinate in the fridge while you prep the other ingredients.
3. Drizzle the potatoes with olive oil and bake in a large cooking pan covered for 10min. Remove from oven. Add the veggies and marinated chicken. Give a light stir to mix around the marinade. Bake for an additional 30 minutes covered or until chicken has reached an internal temperature of 165F.
4. Enjoy! 😊