

# One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



## INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)  
2 cups Mini Potatoes (halved)  
2 cups Brussels Sprouts (halved)  
2 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced and zested)  
1 tbsp Rosemary (fresh, chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	415	Cholesterol	82mg
Fat	17g	Sodium	83mg
Carbs	36g	Vitamin A	727IU
Fiber	7g	Vitamin C	114mg
Sugar	4g	Calcium	65mg
Protein	32g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

## NOTES

### NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

### NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

### MORE FLAVOR

Add additional spices such as oregano, thyme or chili flakes.

### NO MINI POTATOES

Use diced regular potatoes.