

Lemony Lentils and Chicken



- 1 tbsp extra virgin *olive oil*
- 8 *chicken thighs* (about 2 pounds)
- 2 15-oz cans *lentils*, rinsed and drained
- 2 cups fat-free, low-sodium *chicken broth*
- 1 tbsp chopped fresh *oregano*
- 1/2 tsp dried *Italian seasoning*
- 2 tbsp fresh *lemon juice*
- Fresh ground *pepper*
- 1/2 cup nonfat *plain yogurt*
- 2 tbsp grated *Parmesan cheese*

- 1 Heat oil in an oven-safe pot. Add chicken and quickly brown, about 5 minutes on medium heat.
- 2 Meanwhile, combine lentils with broth, oregano and Italian seasoning; pour mixture over chicken.
- 3 Bake at 350°F for 30 minutes; add lemon juice and pepper and continue cooking another 30 minutes.

Serve with a scoop of yogurt and sprinkle of cheese.

MAKES ABOUT 4 SERVINGS (1 1/2 cups each).

Per serving:

434 calories

41g protein

16.6g fat

31g carbs

13.5g fiber

605mg sodium