

One-Pan Mediterranean Chicken

EASY recipe

2 tbsp olive oil

2 cloves garlic, chopped

2 tbsp fresh lemon juice

1 tsp dried oregano

½ tsp salt

4 skinless boneless chicken
breasts (about 16 oz.)

1 zucchini, 1-inch diced

2 cups mini tomatoes

1 yellow or orange pepper,
1-inch diced

1 red onion, 1-inch diced

¼ cup feta cheese, crumbled



In a container with a lid, mix together oil, garlic, lemon juice, oregano and salt. **Add** chicken, stir to coat and marinate in the refrigerator for 2 hours (or overnight). **Preheat** oven to 450°F. **Line** a baking sheet with foil. **Add** chicken to baking sheet and surround with zucchini, tomatoes, peppers and onions. **Bake** 25-30 minutes (until the chicken is 165°F). **Sprinkle** with feta cheese and serve warm.

Makes 4 servings. Per serving:

263 calories | 27g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 13g carbohydrate | 2g sugar | 3g fiber | 477mg sodium