

Sheet Pan Lemon Chicken with Potatoes and Carrots

Serves: 4

Prep time: 15 minutes

Cook time: 45 minutes

Nonstick cooking spray

¼ cup olive oil

2 lemons, 1 juiced and 1 thinly sliced

2 tablespoons chopped fresh rosemary

2 garlic cloves, minced

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1-1/2 pounds skinless, boneless chicken thighs

1-1/2 pounds new potatoes, quartered

5 medium carrots, cut into ½-inch coins (about 1 pound)

2 medium parsnips, cut into ½-inch coins (about ½ pound)

Preheat the oven to 425-degrees Fahrenheit. Coat a sheet pan with cooking spray.

In a large bowl, whisk together the olive oil, lemon juice, rosemary, garlic, salt, and pepper. Add the chicken, potatoes, carrots, and parsnips to the dressing and coat to toss. Gently pour the vegetables and chicken onto the prepared baking sheet, making sure they are in a single layer. Top with the lemon slices. Place in the oven and roast for 40 to 45 minutes until the chicken reaches a minimum internal cooking temperature of 165-degrees Fahrenheit.

Into each of 4 containers, scoop about 2 cups of chicken and vegetables.

Storage: Place airtight containers in the refrigerator for up to 1 week. To freeze, place freezer-safe containers in the freezer for up to 2 months. To defrost, refrigerate overnight. To reheat individual portions, microwave uncovered on high for 2 to 2-1/2 minutes.

Nutrition information (per container): Calories: 510; Total Fat: 19g; Saturated Fat: 3g; Protein: 33g; Total Carbs: 53g; Fiber: 9g; Sugar: 9g; Sodium: 596mg