



SHEET PAN MEDITERRANEAN CHICKEN

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- ¼ tsp ground black pepper
- 4, (8-oz.) boneless, skinless chicken breasts
- 4 tbsp reduced-fat feta
- 1 tbsp fresh (or 1 tsp dried) oregano
- 2 garlic cloves, minced
- 2 tbsp lemon juice
- 1 tsp olive oil
- 1 tbsp olive oil
- 1 large orange bell pepper, quartered
- 3 Roma tomatoes, quartered
- ¼ tsp salt
- 2 cups yellow summer squash, cut into medium-sized wedges
- 2 cups zucchini, cut into medium-sized wedges

Notes

Per serving: 1 leaner - 3 greens - 1 healthy fat - 3 condiments

Directions

1. Preheat oven to 375°F.
2. Line a sheet pan with parchment paper, and lightly spray with non-stick spray. Place chicken in a single layer on one side of the sheet pan.
3. Toss the vegetables with the oil, salt, and pepper. Transfer to the sheet pan in a separate section from the chicken, and lay in a single layer.
4. Place sheet pan in oven and cook for about 15 minutes, or until chicken reaches an internal temperature of 165°F.
5. Meanwhile, whisk together the garlic, oregano, lemon juice, and olive oil in a small bowl to make the dressing.
6. To serve, place 6 ounces of cooked chicken breast on a plate with a quarter of the veggie mixture and one tablespoon of feta. Drizzle a quarter of the dressing on top, about 1½ to 2 teaspoons. Repeat for 3 remaining servings.

I hope you enjoy this recipe!
Holly Andrews, @hollyandrewscoaching