

Lemon Herb Grilled Chicken with Roasted Vegetables

Prep Time: 20 minutes

Serving: 4

Ingredients:

- 4 boneless, skinless chicken breasts (about 6–8 oz each)
- 3 tablespoons olive oil (divided: 2 tbsp for chicken, 1 tbsp for vegetables)
- 1 large lemon (juice and zest)
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt (divided)
- ½ teaspoon black pepper (divided)
- 2 medium zucchini, sliced into half-moons
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 red onion, cut into wedges

Instructions:

1. Marinate the chicken: In a medium bowl, mix 2 tbsp olive oil, lemon juice, lemon zest, minced

garlic, oregano, thyme, ½ tsp salt, and ¼ tsp black pepper. Add the chicken breasts and coat them well. Cover and refrigerate for at least 15 minutes (up to 2 hours for deeper flavor).

2. Prepare the vegetables: Preheat your oven to 425°F (220°C). Place zucchini, bell peppers, and red onion on a large baking sheet. Drizzle with 1 tbsp olive oil, sprinkle with the remaining ½ tsp salt and ¼ tsp pepper. Toss to coat evenly.
3. Roast the vegetables: Spread them out in a single layer and roast for 20–25 minutes, flipping halfway, until tender and slightly caramelized on the edges.
4. Grill the chicken: Preheat a grill pan or outdoor grill to medium-high heat. Remove chicken from marinade, letting excess drip off. Grill each side for about 5–6 minutes, or until internal temperature reaches 165°F (74°C).
5. Serve: Slice chicken and serve alongside the roasted vegetables.

Benefits:

- High in lean protein and vitamins from fresh vegetables.
- Gluten-free naturally — no breading or wheat-based sauces.
- Lemon adds vitamin C and helps enhance iron absorption.