

Lemon Chicken Sheet Pan

INGREDIENTS

- 4 chicken breasts
- 4TBS olive oil
- 4TBS bone broth
- 2 lemons, juice & zest
- 4TBS oregano, chopped
- 1tsp sea salt
- 1tsp black pepper
- Pinch red pepper flakes (optional)
- 1 squash, chopped
- 1 zucchini, chopped
- 1C asparagus, chopped
- 1 red onion, chopped
- Feta to taste
- Kalamata and green olives to taste

1. Preheat oven to 425°F.
2. Combine oil, broth, lemons, oregano, salt, pepper, and red pepper flakes and mix together.
3. Add chicken to a mixing bowl and coat with 1/2 of the marinade, reserve the rest for the veggies.
4. Toss chicken in marinade until coated.
5. Place in refrigerator for at least an hour to marinate.
6. In the meantime, chop all veggies and line a baking sheet with tinfoil.
7. Add veggies to sheet pan and spread so it's evenly covered.
8. Place marinated chicken on top of veggies and place in oven for about 30 minutes or until internal temperature of the chicken reaches 165°F.
9. Remove from oven, top with feta, olives, and optional additional oil and seasonings.