Lemon Herb Chicken & Veggies

A sheet pan of lemon chicken, green beans and tomatoes.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
30 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), evenly 3/4-inch thick

12 oz green beans, trimmed

1 pint cherry tomatoes

1 lemon, half sliced and half juiced

3 tbsp olive oil

3 garlic cloves, minced

1 tsp dried oregano

1/2 tsp dried thyme

3/4 tsp kosher salt

1/4 tsp black pepper

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How to Make It

1. Heat oven to 425 F. Line a large rimmed sheet pan with parchment.

2. Whisk oil, garlic, oregano, thyme, salt, pepper and 1 tbsp lemon juice. Toss chicken with half; toss vegetables with the rest.

3. Spread beans and tomatoes on the tray. Nestle chicken among them without crowding and add lemon slices.

4. Roast 20-28 minutes until chicken reaches 165 F and vegetables are tender. Remove any smaller chicken pieces as they finish.

5. Rest chicken 5 minutes and serve with pan juices.

Jane's Note

A large tray helps the vegetables roast. Use two pans if everything is crowded.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.