



#MakeItGAP

RECIPES

SHEET PAN CHICKEN LEMON ASPARAGUS DINNER

YIELD: 4 Servings

INGREDIENTS:

1 lb. chicken breast
1/2 bunch of fresh asparagus
1/2 lb. small potatoes
1/4 cup olive oil (vegetable oil will work, too)
2 fresh lemons (or 1/4 cup lemon juice)
lemon zest
1 Tbsp. minced garlic
2 tsp. salt
1 tsp. oregano
1/2 tsp. rosemary
1/4 tsp. pepper

PREPARATION:

Preheat oven to 400°F and line a baking pan with foil. Spray foil with nonstick cooking spray. Place chicken and asparagus in a single layer on the pan. Set aside.

In a large mixing bowl, add oil, juice of lemon, lemon zest, minced garlic, salt, oregano, rosemary and mix well. Take 2 tablespoons of liquid mixture and place in small bowl. Use a pastry or grill brush to brush onto the chicken and asparagus.

With remaining oil mixture in large bowl, add potatoes and toss well to evenly coat. Place potatoes in a single layer on the baking pan. Bake for 30-35 minutes or until chicken is no longer pink.

Recipe adapted from 4hatsandfrugal.com