

DAIRY-FREE

GLUTEN-FREE

NUT-FREE

SHEET PAN LEMON CHICKEN WITH POTATOES AND CARROTS

MAKES 4 SERVINGS

PREP TIME: 15 minutes COOK TIME: 45 minutes

Potatoes have a bad reputation in some circles, but they actually add quite a bit of nutrition to a meal. One medium red spud contains 154 calories, 3 grams of fiber, 36 percent of your daily vitamin C needs, 27 percent of your daily potassium needs (more than bananas!), and a slew of B vitamins. Many of these nutrients, including fiber and some iron, come from the potato skin, so feel free to keep them on.

Nonstick cooking spray
 ¼ cup olive oil
 2 lemons, 1 juiced and
 1 thinly sliced
 2 tablespoons chopped fresh
 rosemary
 2 garlic cloves, minced
 ½ teaspoon salt
 ¼ teaspoon freshly ground
 black pepper
 1½ pounds skinless, boneless
 chicken thighs
 1½ pounds new potatoes,
 quartered
 5 medium carrots, cut
 into ½-inch coins (about
 1 pound)
 2 medium parsnips, cut
 into ½-inch coins (about
 ½ pound)

1. Preheat the oven to 425°F. Coat a sheet pan with cooking spray.
2. In a large bowl, whisk together the olive oil, lemon juice, rosemary, garlic, salt, and pepper.
3. Add the chicken, potatoes, carrots, and parsnips to the dressing and toss to coat.
4. Gently pour the vegetables and chicken onto the prepared baking sheet, making sure they are in a single layer. Top with the lemon slices. Place in the oven and roast for 40 to 45 minutes until the chicken reaches a minimum internal cooking temperature of 165°F.
5. Into each of 4 containers, scoop about 2 cups of chicken and vegetables.

Storage: Place airtight containers in the refrigerator for up to 1 week. To freeze, place freezer-safe containers in the freezer for up to 2 months. To defrost, refrigerate overnight. To reheat individual portions, microwave uncovered on high for 2 to 2½ minutes.

TOBY'S TIP: To minimize food waste, add leftover vegetables like carrots, beets, or Brussels sprouts to this mix.

Per Serving (1 container): Calories: 510; Total Fat: 19g; Saturated Fat: 3g; Protein: 33g; Total Carbs: 53g; Fiber: 9g; Sugar: 9g; Sodium: 596mg