

## Roasted Lemon-Garlic Chicken with Veggies

### Ingredients

- 6 tablespoons olive oil
- 1 lemon, juiced
- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon dried parsley, crushed in your palm
- 1/2 pound trimmed green beans
- 2 medium red potatoes, diced
- 1 small sweet potato, diced
- 3 large carrots, sliced
- 1.5 pounds chicken breasts (about 2 1/2 chicken breasts)

### Instructions

1. In a large bowl, combine the olive oil, lemon juice, garlic, salt, pepper, and parsley. Add the green beans, potatoes, and carrots to marinade and toss to coat. Remove and place on bottom of a greased 8x8 or 9x9 baking dish. Cover and put in fridge until chicken is done marinating (see next step).
2. Pour remaining marinade in a zip-top bag with chicken. Seal and shake bag to coat chicken pieces. Place in a bowl in the fridge to marinate (anywhere from 15 minutes to several hours).
3. Preheat oven to 425 degrees while food marinates.
4. Place the chicken on top of the veggies in the baking dish. Pour any of the remaining olive-oil mixture over the chicken.
5. Roast for 30-40 minutes uncovered (until chicken is no longer pink and reaches 165 degrees in the center). Note: You may have to remove the chicken from the dish or skillet and place the veggies back in oven for 5-10 minutes more or until the potatoes are tender. Serve warm.

### Freezer Meal Directions:

To prepare, place vegetables, chicken, and marinade in a large freezer zip-top bag and freeze. When ready to cook, thaw in the fridge overnight, pour into a greased 8x8 casserole dish, and bake according to directions.

### Notes

- Try to dice/slice all veggies about the same size. You'll want fairly large diced pieces.
- Use whatever combination of vegetables you'd like. These were what I had on hand. Zucchini or squash might be good. Original recipe only called for red potatoes and green beans.

Source: [thrivinghomeblog.com](http://thrivinghomeblog.com)