

Greek Chicken Sheet Pan Meal

MARINADE INGREDIENTS:

- 1/3 cup olive oil.
- 1/3 cup lemon juice
- 1 Tbsp dried Oregano
- 1 tsp. Mrs. Dash
- 1/2 tsp. dried thyme
- 2 tsp minced garlic

SHEET PAN MEAL INGREDIENTS:

- 8 boneless skinless chicken thighs, trimmed
- 1 lb. thin green beans
- 1 cup cherry or grape tomatoes, cut in half
- fresh-ground black pepper
- 1 cup crumbled Feta cheese (more or less to taste)

INSTRUCTIONS

1. Combine all ingredients from the marinade in a large Ziploc bag, reserve ¼ cup of the marinade for vegetables. Add chicken to remaining marinade for 4-8 hours.
2. Preheat oven to 425 degrees.
3. Remove chicken from marinade, and lace chicken on a sheet pan lined with parchment or coated with cooking spray. (discard all marinade remaining in Ziploc bag.)
4. In a large bowl, toss together ¼ cup of reserved marinade, green beans, tomatoes, and black pepper.
5. Spread vegetable mixture on the sheet pan with the chicken.
6. Roast in preheated oven for 25 minutes, until chicken reaches and internal temperature of 165 degrees.
7. Top with Feta and enjoy!

Nutrition Facts

Servings: 8

Amount per serving

Calories **268**

% Daily Value*

Total Fat 18.6g **24%**

Saturated Fat 5.6g **28%**

Cholesterol 97mg **32%**

Sodium 564mg **25%**

Total Carbohydrate 6.7g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3.2g

Protein 22.8g



