

Food is Health • Community Recipe Challenge

5 Ingredient Roasted Lemon Chicken & Vegetables

Ingredients

- 1/4 cup chopped fresh herbs, such as oregano or thyme, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 5 cups cubed root vegetables, such as potatoes, carrots and/or turnips
- 1 large red onion, cut into 1-inch-thick wedges
- 4 bone-in, skinless chicken thighs (1 1/2 - 2 pounds)
- 1 lemon, cut into 8 wedges



Recipe from [EatingWell.com](https://www.eatingwell.com)



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Instructions

1. Preheat oven to 450°F.
2. Combine 2 tablespoons herbs, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a large bowl. Add root vegetables and onion; toss to coat.
3. Spread on a large rimmed baking sheet.
4. Combine the remaining 2 tablespoons herbs, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in the same bowl.
5. Add chicken; toss to coat.
6. Place the chicken on top of the vegetables and tuck 4 lemon wedges in.
7. Roast, stirring the vegetables twice, until the vegetables are tender, and an instant read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, about 30 minutes.
8. Discard the roasted lemon wedges. Squeeze the remaining 4 lemon wedges over the chicken.

Nutrition Information per Serving

Serves 4

Calories	343
Fat	15 g
Saturated Fat	3 g
Cholesterol	130 g
Carbohydrates	24 g
Protein	27 mg
Fiber	5 g
Sodium	476 g
Potassium	892 mg
Total Sugars	7 g
Added Sugars	0 g



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For questions, please email FoodisHealth@elcaminohealth.org.

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