

# One Pan Mediterranean Chicken

**Prep time:** 15 minutes. **Cook time:** 40 minutes. Makes 4 servings.

## Ingredients:

- ¼ cup extra-virgin olive oil
- 2 lemons, 1 juiced and 1 sliced
- 2 tbsp balsamic vinegar
- 1 tsp dried tarragon
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 4 chicken thighs with skin
- 1 small red onion, sliced
- 4 bell peppers, quartered and seeded
- 1 lb. baby potatoes, halved
- ¼ cup fresh parsley, chopped
- ¼ cup feta cheese (optional)
- 8 pitted olives (optional)



## Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil.
2. In a large bowl, whisk olive oil, juice of 1 lemon, vinegar, tarragon, oregano, paprika, salt and pepper.
3. Add chicken, onion, bell peppers, and potatoes to bowl. Stir until everything is evenly coated.
4. Place vegetable-chicken mixture onto lined baking sheet and spread in an even layer.
5. Scatter lemon slices over the vegetables, making sure to leave the chicken uncovered so that the skin will brown.
6. Bake in preheated oven for about 40 minutes.
7. Remove from oven and top with parsley, feta, and olives.

## Nutrition Information:

Per serving (1/4 pan) – Calories: 533; Fat: 32.4g; Protein: 23g; Carbohydrates: 41.3g; Fibre: 6.9g; Sugars: 3.5g; Sodium: 1.1g; Cholesterol: 84.9g

**Source:** <https://www.allrecipes.com/recipe/268999/mediterranean-chicken-sheet-pan-dinner/>



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