Healthy Baked Chicken Recipes

Oregano-lemon chicken bakes alongside colorful vegetables in a simple tray dinner.

PREP 15 min | COOK 22 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) lemon juice
- 1 tsp (1 g) dried oregano
- 1 zucchini (200 g), sliced
- 1 bell pepper (150 g), chopped

Method

1. Heat oven to 425°F (220°C). Pound chicken to an even 3/4-inch thickness.
2. Mix oil, lemon, oregano, salt and pepper; toss with chicken and vegetables.
3. Spread on a rimmed baking tray without crowding.
4. Bake 20-25 minutes until chicken reaches 165°F (74°C), turning vegetables halfway.
5. Rest chicken 5 minutes before slicing.

Doneness

Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

Variations

- Vegetable: use broccoli instead of zucchini.
- Herb: substitute thyme.
- Spicy: add crushed red pepper.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Ready to serve

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Serving suggestion: one plated serving.