Low Calorie Chicken Recipes

Lemon herb sheet-pan chicken with a colorful mix of roasted vegetables

SERVES 4 SERVINGS	PREP 15 MIN	COOK 20 MIN



INGREDIENTS

Chicken & vegetables

1 1/4 lb (570 g) boneless, skinless chicken breast, cut into 1-inch pieces
3 cups broccoli florets
1 medium zucchini, cut into half-moons
1 red bell pepper, chopped
1 small red onion, cut into wedges
1 cup cherry tomatoes

Seasoning & finish

1 tbsp olive oil
2 garlic cloves, minced
1 tsp smoked paprika
1 tsp dried oregano
1/2 tsp kosher salt
1/4 tsp black pepper
1 lemon, juiced
2 tbsp chopped fresh parsley

METHOD

1. Heat the oven to 425°F (220°C). Line a large rimmed sheet pan for easy cleanup. Cut the chicken and vegetables into similar-size pieces so they roast evenly.

2. Toss chicken, broccoli, zucchini, pepper, onion, and tomatoes with olive oil, garlic, paprika, oregano, salt, and pepper. Spread in one layer with a little space between pieces.

3. Roast for 18-22 minutes, stirring the vegetables once halfway through, until vegetables are tender and the thickest chicken pieces reach 165°F (74°C). Avoid overcrowding; use two pans if needed.

4. Squeeze lemon over the pan, scatter parsley, and serve warm.

Easy variations Replace zucchini with cauliflower, add a pinch of chili flakes, or use boneless thighs and cook them to 175-185°F for a softer texture. **Make ahead** Cut vegetables and mix spices up to a day ahead; store separately. Refrigerate cooked leftovers for 3-4 days.