

## **Sheet Pan Crispy Lemon-Garlic Chicken with Veggies**

Adapted from CafeDelites.com

**Servings:** 4

### **Ingredients:**

- 1 Large Egg
- Juice of 1 Lemon
- 1 tbsp. Fresh Parsley, chopped
- 1/2 tsp. Salt
- 1/2 tsp. Ground Pepper
- 1 cup Breadcrumbs
- 4 Skinless, Boneless Chicken Breasts
- 1 lb. or more Potatoes, quartered\*
- 1 lb. Green Beans
- Salt and Pepper
- Vegetable Oil

### **Directions:**

1. Preheat oven to 400F.
2. In a large bowl, whisk together the egg, lemon juice, garlic, parsley, salt and pepper.
3. Make fork marks in the chicken and place into liquid mixture, cover and let marinade for 30 minutes in the fridge.\*\*
4. While the chicken is marinating, place the potatoes on a baking sheet and coat/toss with oil, salt and pepper to taste. Make sure the pan is coated with oil and make place for the chicken.

5. Once 30 minutes has passed, place breadcrumbs in a large bowl or pie plate. Take the chicken and coat with the breadcrumbs, ensure an even coat and pressing into the chicken so that it adheres.
6. Place on the baking sheet with the potatoes and bake for 15 minutes.
7. Once 15 minute has passed, remove baking tray from the oven, flipping the chicken and tossing the potatoes a bit.
8. Place green beans among the potatoes and return to the oven for another 10 to 15 minutes until the chicken is golden. You can also place it under the broiler to crisp up for 3 to 5 minutes (keep a watchful eye as not to burn the chicken).
9. Once chicken and vegetables are cooked, serve immediately sprinkled with fresh parsley and a lemon slice.

**Notes:**

\*If they are on the small side, cut the potatoes into quarters, if larger, cut into wedges 6 to 8 per potato.

\*\* If time does not permit, simply dip into the liquid mixture and move onto the next step. Letting the chicken marinate enhances the lemon-garlic flavor, but the recipe is just as good if this step is omitted.