

sheet pan lemon herb chicken and vegetables

Makes 4 servings

PREP TIME: 10 minutes

COOK TIME: 25-30 minutes

FOR THE CHICKEN

2 lbs chicken breasts or thighs
1-2 Tbsp olive oil
1 tsp garlic powder
1 tsp dried thyme or 1 Tbsp fresh thyme
1 tsp dried oregano or 1 Tbsp fresh oregano
¼ - ½ tsp ground cloves (*optional - see notes)
zest of 1 lemon
1-2 Tbsp lemon juice
½ tsp salt
½ tsp black pepper
1 Tbsp honey (optional)

FOR THE SPRING VEGETABLES

1 bunch asparagus, trimmed
1 cup sliced radishes or carrots
2 cups peas (frozen)
1-2 Tbsp olive oil
salt and pepper, to taste

***NOTE:** This recipe was originally created using AI assistance to develop a meal that used ground cloves in a less traditional way. While it's an unusual pairing with the other ingredients, it provides an unexpected warmth to the dish. The original recipe called for 1 tsp, but I suggest decreasing to ¼ to ½ tsp unless preparing ahead to eat later. The clove flavor mellowed out after overnight refrigeration, and the leftovers that used 1 tsp ground cloves were quite tasty. I suggest including the honey if using ground cloves.

PREHEAT oven to 425°F (220°C).

MIX olive oil, garlic powder, thyme, oregano, lemon zest, lemon juice, salt, pepper, (optional) ground cloves, and (optional) honey in a bowl.

COAT the chicken thoroughly in the marinade.

TOSS asparagus and radishes with olive oil, salt, and pepper.

SPREAD asparagus and radishes on the sheet pan. Place chicken on top or nestled between them. Place in the preheated oven.

TOSS frozen peas with olive oil, salt, and pepper. Add them to the baking sheet after 22-25 minutes.

CONTINUE roasting until the chicken is cooked through (165°F/74°C) and the vegetables are tender, about 25-30 minutes from the original start time.

