

Italian Roasted Chicken and Veggies

Courtesy of Carole's Creations

Prep Time:

Cooking Time:

Serves: 4

CChints: This is a one dish meal.

The chicken's secret is the coating which comes from a box of Oven

Fry® Extra Crispy Chicken seasoning.

The lemon will be easier to zest if you do it before you cut into it for the juice.



3 zucchini
1 small butternut squash, 2 cups
1 medium red onion
4 plum tomatoes, cut in half lengthwise
2 tablespoons olive oil, divided
4 bone-in skinless chicken breasts
1/4 cup liquid egg substitute or 1 egg beaten
3/4 cup Oven Fry® Extra Crispy Chicken seasoning

1 teaspoon Herb de Provence
4 teaspoons minced garlic, divided
1/2 pound fresh green beans, trimmed
1 tablespoon lemon zest
1 tablespoon lemon juice
salt and pepper to taste

Heat oven to 375 degrees. Line a baking or roasting pan that has turned up edges with foil and spray with cooking spray.

Prepare the veggies and add them to the pan. Wash zucchini and cut them lengthwise and the cut those pieces in half. Cut each of these pieces in half again lengthwise. Peel the butternut squash and cut it into one inch pieces. Cut the onion in half and then cut each half to 3 pieces. Cut the tomatoes in half and lay skin side down on the pan. Sprinkle all the veggies with the one tablespoon olive oil and sprinkle lightly with 1/2 teaspoon salt and a dash of pepper.

Put the egg in a pie plate. Wash the chicken and cut off any excess fat. Lay the chicken in the egg. Pour half the chicken seasoning into a plastic bag large enough to hold 1 piece of chicken. Add 1 piece of chicken at a time to the bag and shake it to coat the chicken. Move the veggies on the pan to make room to add the chicken in between them. Add more chicken seasoning to the bag to finish all 4 pieces. If you have any remaining season in the bag, sprinkle it over the tomatoes.

Sprinkle 3 gloves minced garlic and the herbs over everything in the pan. Put the pan in the oven and roast for 20 minutes. During this time, wash everything that came in contact with the chicken. You have time to set the table and prepare the lemon juice seasoning. Whisk together the remaining olive oil, lemon zest and lemon juice and set it aside.

Take the pan out of the oven and turn the chicken around in the pan. Add the green beans to the pan. Sprinkle the oil and lemon mixture over the beans first and then everything else. Return the pan to the oven for another 20-30 minutes until the veggies are tender or until the chicken is done. The center should be 170F.

Serve and enjoy.