

Oven-Roasted Chicken Thighs with Mediterranean Veggies

Serves 2

- 2 skinless boneless chicken thighs (250g total)
- 1 small zucchini, chopped
- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 1/2 tsp oregano, 1/2 tsp thyme
- 1 tbsp lemon juice
- Salt and pepper (light touch)

1. Preheat oven to **200°C**.
2. Toss all **veggies** in **olive oil**, **herbs**, **lemon**, and a pinch of **salt**.
3. Place **chicken** on top of veggies in a baking dish.
4. Roast uncovered **25-30 minutes** until chicken is done.

Optional additions:

- Add a spoonful of plain Greek yogurt with lemon and garlic as a sauce.
- Serve with cooked quinoa, couscous, or farro (for extra carbs/fiber if needed).
- Sprinkle with chopped parsley or fresh basil just before serving for freshness.

Nutrition (per serving):

Calories: 305

Protein = 27g

Fat = 17g

Sat. Fat = 3.5g

Carbs = 10g

Sugars = 6g

Fiber = 2.5g

Sodium = 180mg

