

LEMON GREEK CHICKEN



THIS HEARTY ONE-DISH MEAL TASTES LIKE IT'S STRAIGHT FROM THE MEDITERRANEAN.

- 3 lemons, divided
- ¼ cup (50 mL) olive oil
- 4 garlic cloves, pressed
- 1 tbsp (15 mL) dried oregano leaves
- ¾ tsp (4 mL) salt
- ½ tsp (2 mL) coarsely ground black pepper

- 4 bone-in, skin-on chicken breasts (2½-3 lb/1.1-1.3 kg)
- 8 petite red potatoes (about 12 oz/350 g)
- 1 medium red bell pepper
- 1 medium red onion
- 8 oz (250 g) white mushrooms

1 Preheat oven to 400°F (200°C). Using **Zester/Scorer**, zest two of the lemons to measure 1½ tbsp (22 mL) zest. Juice one of the zested lemons using **Juicer** to measure 2 tbsp (30 mL) juice. In **Stainless (4-qt./4-L) Mixing Bowl**, combine zest, juice, oil, garlic pressed with **Garlic Press**, oregano, salt and black pepper; mix well. Place chicken on center of **Large Bar Pan**. Using **Chef's Silicone Basting Brush**, brush chicken with about 2 tbsp (30 mL) of the lemon juice mixture.

2 Cut potatoes in half using **Crinkle Cutter**. Cut bell pepper into 1-in. (2.5-cm) strips using **Santoku Knife**. Cut onion into 1-in. (2.5-cm) wedges. Thinly slice remaining lemon using **Ultimate Mandoline™** fitted with v-shaped blade. Combine potatoes, bell pepper, onion, lemon slices and mushrooms with remaining lemon juice mixture in mixing bowl; toss to coat.

3 Arrange vegetables around chicken on pan. Bake 1 hour or until **Pocket Thermometer** registers 180°F (82°C) in thickest part of breast, brushing chicken and vegetables with pan juices after 30 minutes.

Yield: 4 servings

U.S. Nutrients per serving: Calories 630, Total Fat 35 g, Saturated Fat 8 g, Cholesterol 145 mg, Sodium 590 mg, Carbohydrate 26 g, Fiber 3 g, Protein 51 g

U.S. Diabetic exchanges per serving: 2 starch, 6½ medium-fat meat (2 carb)