



Lemon Roasted Chicken Thighs with Potatoes

This easy and filling meal has a refreshing citrus flavor! It is a one-pan entrée that you can whip up quickly with simple steps and ingredients.

Yields: 2 servings

Serving Size: 1-2 pieces each (depending on size)

Ingredients:

- 1-1, 1/3 pounds **boneless, skinless chicken thighs**
- 1 **russet potato**, peeled and chopped in 2-inch cubes
- 1/4 cup freshly squeezed **lemon juice**
- 1 **lemon**, thinly sliced
- 3 tablespoons **olive oil**
- 1 **garlic clove**, minced
- 1 tablespoon **Italian seasoning**
- 1/2 teaspoon **black pepper**
- 1 teaspoon of **crushed red pepper flakes** (optional)

Instructions:

1. Preheat the oven to 400°F. Lightly grease baking/roasting pan.
2. Place chicken thighs and chopped potatoes in a large bowl. Add the lemon juice, lemon slices, olive oil, garlic, Italian seasoning, black pepper, crushed red pepper to the bowl. Make sure to toss until evenly coated.
3. Place the chicken and potatoes evenly on the greased pan and spoon any remaining oil mixture on top. Bake for about 30 minutes, checking to see the juices run clear from the thighs to ensure they are fully cooked. Continue to bake if needed, until juices run clear.
4. When fully cooked, transfer the chicken to a serving platter with potatoes, if they are tender. If needed, leave the potatoes in the oven for an extra 10 minutes to fully cook, pierce with a fork to check tenderness.

Chef's Note: If using bone-in, skin-on chicken thighs, an increase of time and temperature may need to be adjusted (425°F, 40 minutes)

Per Serving: Calories 533 kcal, Carbohydrates 35 g, Protein 80 g, Saturated Fat 5 g, Sodium 207 mg, Fiber 2 g, Sugars 1 g
This recipe was adapted and modified from allrecipes.com

