

Sheet Pan Lemon Chicken, Potatoes and Asparagus

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Serves 4, 7 FSP per serving

- 1 large egg
- 2 Tbsp lemon juice
- 4 tsp minced garlic (divided)
- 1/2 Tbsp fresh chopped parsley
- 1/2 tsp salt and pepper
- 1/2 cup panko breadcrumbs
- 1/3 cup fresh grated Parmesan cheese
- 4 skinless, boneless chicken breasts
- 20 ounces baby potatoes (quartered)
- 1/4 cup light butter (melted)
- 1 lb asparagus (cut into thirds)

1. Preheat oven to 400. Spray a large sheet pan with non-stick spray.
2. In a large bowl, whisk together egg, lemon juice, 2 tsp garlic, parsley, salt and pepper.
3. Add chicken to egg mixture, cover and let marinade 30-60 minutes.
4. In a separate bowl, combine the breadcrumbs with the Parmesan cheese.

5. Dredge the egg coated chicken in the breadcrumb mixture, pressing crumbs in to coat.
6. Place the chicken on the sheet pan, spray chicken with olive oil spray. Arrange the potatoes around the chicken in a single layer. Mix together the butter, 2 tsp garlic and salt to taste and pour half of the mixture over the potatoes. Toss to coat.
7. Bake for 15 minutes.
8. Remove sheet pan from oven and flip each piece of chicken. Move the potatoes to one side and place the asparagus around the chicken on the other side of the sheet pan. Pour the remaining garlic mixture over asparagus and return to oven and cook for 15 minutes more or until chicken is golden and crisp and potatoes and chicken are cooked through. Serve immediately.