

Skillet Roasted Lemon Chicken with Potatoes

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Serves 4 – Recipe adapted from Taste of Home

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62edad42232a6e2581cb687f>

- 1 Tbsp olive oil, divided
- 1 medium lemon, sliced
- 4 cloves garlic, minced and divided
- 1/4 tsp grated lemon peel
- 1/2 tsp salt, divided
- 1/4 tsp pepper
- 4 4 oz boneless, skinless chicken breasts
- 1/4 tsp dried rosemary, crushed
- 1 pound fingerling or new potatoes, halved
- 8 cherry tomatoes

1. Grease a 10 inch cast iron or other oven proof skillet with 1 teaspoon of oil. Arrange lemon slices in a single layer in the skillet.
2. Combine 1 tsp oil, 2 minced garlic cloves, lemon peel,

1/4 tsp salt and 1/8 tsp pepper; rub over chicken. Place over lemons.

3. In a large bowl, combine rosemary and the remaining oil, garlic, salt and pepper. Add potatoes and tomatoes; toss to coat. Arrange over chicken. Bake, uncovered, at 450 for 25-30 minutes or until chicken is no longer pink and potatoes are tender.

Main Course

Chicken, One Skillet Meal