



## One Pan Lemon Spiced Chicken & Potatoes

4 servings  
30 minutes

### Ingredients

- 1 Lemon (divided)
- 1 lb Chicken Breast
- 5 cups Mini Potatoes (quartered)
- 2 cups Cherry Tomatoes (halved)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Turmeric
- 1/2 tsp Ground Allspice
- 1/2 tsp Sea Salt
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	7g
Saturated	2g
Carbs	39g
Fiber	5g
Sugar	5g
Protein	33g
Cholesterol	87mg
Sodium	383mg
Vitamin A	1457IU
Vitamin C	64mg
Calcium	112mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Slice the chicken and garnish with yogurt and parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.