

# Lemony Chicken with Vegetables and Parmesan

by Domenica Catelli



## Ingredients:

1 pound chicken tenders (or boneless, skinless breast cut into one-inch strips)

2-3 tablespoons garlic, minced

2-3 cups vegetables of your choice, cut into small pieces (sweet potatoes, rutabaga, celery, carrots, broccoli, etc....cut hard vegetables such as winter squash into 1/2 inch pieces, summer veggies like zucchini can be in bigger pieces)

2 tablespoons extra virgin olive oil

1 lemon, juiced

2 tablespoons Parmesan cheese, grated

4 leaves of fresh basil, chopped or  
1 tablespoon fresh thyme

pinch salt and pepper

## Process:

Preheat oven to 400 degrees

1. Place chicken, garlic, and vegetables in a baking dish.
2. Drizzle with lemon juice and extra virgin olive oil. Mix in salt and pepper.
3. Top with the Parmesan cheese and fresh herbs and bake for 15-20 minutes.
4. Serve and enjoy!

**Serves 2-4**

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