One Pan Chicken and Potatoes

★★★★★ 5 from 4 reviews

One Pan Chicken and Potatoes combined with tomatoes, oregano and garlic, then baked for an easy and tasty dinner. No other dirty bowls.

- Author: Olena of ifoodreal.com
- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Total Time: 35 minutes
- Yield: 4 servings
- Category: Dinner
- Method: Oven
- Cuisine: American Ukrainian

Ingredients

- 2 lbs (5 cups) baby potatoes, cut in halves
- 1 lb (6-8) chicken cutlets, boneless & skinless*
- 1 pint (2 cups) grape tomatoes, cut in halves
- 2 tbsp extra virgin olive oil, divided
- 2 tsp oregano, divided
- 2 tsp garlic powder, divided
- 1 tsp salt
- · Ground black pepper, to taste
- 1/2 lemon
- 2-3 tbsp dill or parsley, finely chopped

Instructions

- 1. Preheat oven to 425 degrees F and line large baking sheet with unbleached parchment paper or silicone mat.
- 2. Lay chicken cutlets on one side and potatoes on the other side in a single layer (tight is fine). Drizzle potatoes and chicken with 1 tbsp of oil EACH. Then sprinkle with 1 tsp oregano and garlic powder EACH. Sprinkle 1 tsp of salt and pepper to taste over BOTH. Using your hands, mix each "pile" to coat separately, and spread in a single layer after mixing. Lay grape tomatoes on top of chicken.
- 3. Bake uncovered on a bottom rack for 25 minutes, then broil for 5 minutes. Remove from the oven, squeeze lemon over entire dish, and sprinkle with dill or parsley. Wasn't this damn good and easy?! Enjoy!

Store: Refrigerate in an airtight container for up to 4 days.

Notes

*I took 2 huge chicken breasts and cut them into cutlets using fillet knife.

★ Did you make this recipe? Please give it a star rating in the comments.



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One Pan Chicken and Potatoes - iFOODreal - Healthy Family Recipes

	Nutrition Fac	ts
	Amount Per Serving	
	Calories	379
	%	Daily Value*
	Total Fat 10.5g	16%
	Cholesterol 82.7mg	28%
	Sodium 676.9mg	28%
	Total Carbohydrate 41.8g	14%
	Sugars 4.8g	
	Protein 30.7g	61%
	Vitamin A 3% Vitamin C	59%

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