

Rosemary Lemon Chicken Skillet

8 ingredients · 50 minutes · 4 servings



Directions

1. Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
2. Preheat oven to 425°F (218°C).
3. Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
4. Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
5. Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

Notes

Vegetarian

Use cauliflower steaks instead of chicken.

Leftovers

Store in the fridge for up to three days.

Ingredients

- 1 lb Chicken Breast (sliced in half)
- 2 tbsps Rosemary (chopped)
- 2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 Sweet Potato (cubed)
- 4 cups Baby Spinach

Nutrition

Amount per serving

Calories	298	Vitamin C	20mg
Fat	13g	Calcium	63mg
Saturated	2g	Iron	2mg
Carbs	17g	Vitamin D	1IU
Fiber	3g	Vitamin B6	1.2mg
Sugar	3g	Folate	81µg
Protein	28g	Vitamin B12	0.2µg
Cholesterol	82mg	Magnesium	74mg
Sodium	701mg	Zinc	1mg
Potassium	803mg	Selenium	27µg
Vitamin A	12095IU		