

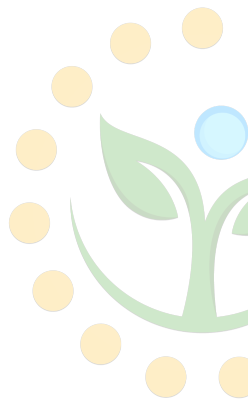
One-Pan Mediterranean Lemon Chicken & Veggie Bake

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Make-Ahead Meal for Busy Weeknights or Lunches

This colorful, protein-rich sheet pan meal is designed to make your weeknight



dinners effortless and healthy. Juicy chicken thighs are marinated in lemon, garlic, and herbs, then roasted with vibrant vegetables and olives for a flavorful, Mediterranean-inspired meal that reheats beautifully.

It's meal-prep friendly, hormone-supportive, and loved by both adults and kids alike.

Ingredients

Serves 4 | Easily doubles for meal prep

For the Chicken:

1.5 lbs boneless, skinless chicken thighs (about 6 pieces)

3 tablespoons extra virgin olive oil

1/3 cup of freshly squeezed lemon juice

3 cloves garlic, minced

2 teaspoons dried oregano

1 teaspoon dried thyme

1 teaspoon Kosher salt

1/2 teaspoon black pepper

For the Veggies:

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 medium zucchini, halved and sliced

1 cup cherry tomatoes

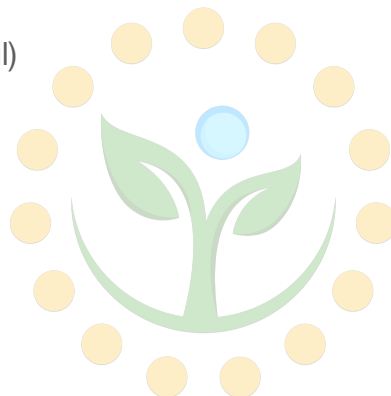
1/2 red onion, sliced into wedges

1/3 cup pitted Kalamata olives (optional but flavorful)

2 tablespoons extra virgin olive oil

1/2 teaspoon Kosher salt

Fresh parsley for garnish (optional)





Instructions

1. Marinate the Chicken (30 min or overnight)

Place chicken thighs in a bowl or zip-top bag. Add olive oil, lemon juice, garlic, and spices. Toss to coat and marinate for at least 30 minutes (or up to 24 hours in the fridge).

 **Tip:** For time efficiency, prep your vegetables while your chicken is marinating.

2. Prep the Vegetables

While the chicken marinates, slice all vegetables and preheat oven to 425°F (218°C).

3. Assemble the Sheet Pan

Line a large baking sheet or dish with parchment or foil if desired. Scatter the bell peppers, zucchini, tomatoes, red onion, and olives across the pan. Drizzle with 2 tbsp extra virgin olive oil and sprinkle with 1/2 tsp salt. Toss to coat.

Nestle marinated chicken thighs evenly between the veggies. Pour any remaining marinade over the top.

4. Bake

Roast for approximately 30 minutes or until chicken is cooked through, flipping the chicken once halfway through. Broil for an additional 2–3 minutes at the end for extra caramelization if desired.

5. Serve or Store

Garnish with chopped fresh parsley. Let cool slightly before storing in airtight glass containers. Each piece can be portioned with side items for ready-made prepped meals that can easily be re-heated for lunches or dinners.



Serving Suggestions

- Serve with: quinoa, couscous, or brown rice
- Add: a dollop of hummus or tzatziki on the side
- Pack in: divided meal prep containers for grab-and-go dinners or lunches



Meal Prep Tips

- Refrigerator: Keeps 4 days
- Freezer: Store in airtight containers up to 2 months
- Reheat: Microwave or oven (350°F for 10–12 minutes)

Nutritional Facts

(Per Serving, without added grain)

Calories: 375 Protein: 32g Fat: 22g Carbohydrates: 12g Fiber: 3g Sugar: 4g
Sodium: ~460 mg

