



BBQ Grilled Chicken Thighs with Mixed Veggies

MAKES 4 SERVINGS

INGREDIENTS

- 8 boneless, skinless chicken thighs
- 2 tbsps olive oil
- 1 tbsp lemon juice
- 2 tsps dried oregano
- 2 cloves garlic, minced
- 1 red bell pepper, sliced into strips
- 1 zucchini, sliced into rounds
- 1 red onion, cut into wedges
- 1 small eggplant, sliced into rounds
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

- In a large bowl, toss chicken thighs with olive oil, lemon juice, oregano, garlic, salt, and pepper.
- Let marinate for 30 minutes (or up to 24 hours) in the fridge.
- Preheat the BBQ to medium-high heat.
- Toss vegetables with olive oil, salt, and pepper.
- Grill chicken thighs for 5-6 minutes per side, or until cooked through (internal temp 165°F).
- Grill vegetables for 3-5 minutes per side, turning until tender and slightly charred.
- Serve together with extra lemon wedges if desired.

CALORIES
350-400
kcal

PROTEIN
32-35
grams

CARBS
14-16
grams

FIBER
4-6
grams

FAT
20-24
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED