



Lemon-Thyme Roasted Chicken with Fingerlings

Makes 4 servings

Ingredients

4 teaspoons canola oil or olive oil
1 teaspoon dried thyme, crushed
½ teaspoon kosher salt or ¼ teaspoon regular salt
¼ teaspoon freshly ground black pepper
1 pound fingerling potatoes, halved lengthwise, or tiny new red or white potatoes, halved

4 small skinless, boneless chicken breast halves (1 to 1-¼ pounds total)
2 cloves garlic, minced
1 lemon, thinly sliced

Instructions

1. In a very large skillet, heat 2 teaspoons of the oil over medium heat. Stir ½ teaspoon of the thyme, the salt and pepper into the oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice.
2. Stir potatoes; push to one side of the skillet. Add the remaining 2 teaspoons oil. Arrange chicken breast halves on the other side of the skillet. Cook, uncovered, for 5 minutes.

3. Turn chicken. Spread garlic over chicken breast halves; sprinkle with the remaining ½ teaspoon thyme. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170 degrees) and potatoes are tender.

Nutrition Facts

Serving Size: 1 chicken breast half with about ¾ cup potatoes; Calories 255; Total Fat 6g; Saturated Fat 1g; Sodium 307mg; Total Carbohydrates 21g; Dietary Fiber 3g; Protein 29g; Sugar 1g

Recipe adapted from www.diabeticlivingonline.com

