Zesty Lemon Garlic Roasted Chicken with Green Beans

Juicy roasted chicken infused with bright lemon and savory garlic, paired with crisp-tender green beans for a healthy, high-protein meal.

Servings: 2 **Time:** 45 minutes

Ingredients

- 2 bone-in, skin-on chicken breasts (about 12 oz each)
- 1 lb fresh green beans, trimmed
- 3 cloves garlic, minced
- 1 lemon, zested and juiced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 tbsp fresh parsley, chopped (optional)

Instructions

1. Preheat oven to 400°F.
2. In a small bowl, combine olive oil, lemon zest, lemon juice, minced garlic, oregano, salt, pepper, and red pepper flakes.
3. Place chicken breasts in a roasting pan or baking dish. Pour half the lemon garlic mixture over the chicken, rubbing it under the skin for better flavor.
4. Toss green beans in the remaining lemon garlic mixture, then arrange them around the chicken in the pan.
5. Roast in the oven for 30-35 minutes, until chicken is cooked through (internal temperature of 165°F) and green beans are tender-crisp.
6. Remove from oven and let chicken rest for 5 minutes before serving.
7. Sprinkle with fresh parsley if desired and serve warm.

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