



Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

Makes 4 servings. $\frac{1}{2}$ chicken breast and 1 cup vegetables per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

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| $\frac{1}{2}$ pound small red potatoes (about 3 potatoes), rinsed and cubed | $\frac{1}{4}$ cup lemon juice, divided |
| $1\frac{1}{2}$ cups baby carrots | 2 tablespoons honey* |
| 1 cup green beans, trimmed | 1 tablespoon chopped fresh rosemary or |
| 2 boneless, skinless chicken breasts, halved (about 1 pound) | 1 teaspoon dried rosemary |
| 1 tablespoon olive oil | 1 teaspoon grated lemon peel |
| | $\frac{1}{4}$ teaspoon ground black pepper |

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg