

Foil Wrapped Lemon Chicken and Potatoes

Makes 4 Servings

Ingredients

- 6 medium red or white potatoes cut into 1-inch pieces
- 1 tablespoon Italian spice mix, or dried oregano
- 1 teaspoon olive oil
- Salt and pepper, to taste
- 4 chicken breasts, boneless, skinless
- 1 lemon, sliced, or 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley, or dried parsley (optional)

Directions

1. Preheat oven to 400 degrees and spray 4 sheets of aluminum foil with cooking spray.
2. In a large bowl, toss potatoes, 1 teaspoon of Italian spice mix and oil. Season with salt and pepper. Split potatoes evenly on the sprayed foil sheets. Place chicken on top of potatoes. Season chicken with the rest of the Italian spice mix (2 teaspoons). Add salt and pepper. Top with 2 to 3 slices of lemon (or a sprinkle of lemon juice). Wrap foil tightly around chicken and potatoes.
3. Bake until potatoes are fork tender and chicken is fully cooked. A meat thermometer should read 165 degrees. This will take about 30 to 35 minutes. Open foil packets with care, steam will come out when opened. Top with parsley (if using) and serve.



Recipe from: Feeding Pennsylvania and PA Eats