

## Lemon Chicken with Zucchini

Serves 4

1 cup brown rice  
½ bunch flat leaf parsley, chopped  
1 TBSP smoked paprika  
2 TBSP ground cumin  
¼ cup chicken or vegetable broth  
Zest and juice from 1 lemon  
2 teaspoons dried oregano, rubbed  
4–6 cloves garlic, minced  
½ teaspoon dried chile flakes  
2 TBSP olive oil, divided  
1.5 lbs boneless, skinless chicken breasts  
2 onions, sliced  
4 zucchinis, diced  
¼ teaspoon Kosher salt  
½ teaspoon freshly ground black pepper

Preheat oven to 350°.

**In advance:** In a large bowl, combine paprika, cumin, broth, lemon zest and juice, oregano, garlic, chile flakes and 1 TBSP olive oil. Stir well to combine. Season with salt and pepper. Place chicken in bowl and toss to coat. Cover and refrigerate for 30 minutes to 1 hour.

In a large saucepan, bring 1½ cups of water to a boil. Add rice. Reduce to a simmer, cover and cook for 20 minutes. Fluff with a fork. Stir in parsley. Season with salt and pepper. Set aside.

Place chicken breasts on a parchment-lined baking sheet and bake until cooked through, about 20 minutes. Let stand for 10 minutes. Slice before serving.

Toss zucchini and onion in 1 TBSP olive oil, salt and pepper. Spread in a single layer on a parchment-lined baking sheet. Roast until just tender.

Diving rice and vegetables among 4 servings. Top with sliced chicken.

**Nutrition Information per Serving** Calories 507.5; Fat 14.3 g; Saturated Fat 2.2 g; Sodium 208.6 mg; Fiber 5.3 g; Sugars 8.1 g; Added Sugars 0 g; Protein 45.6 g