Brazilian Roasted Chicken and Vegetables

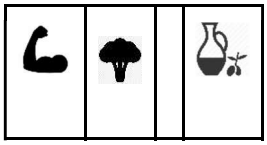
- 4 -3 oz chicken breasts, bone-in and skin-on
- Zest and juice of 1 lemon
- 3 tablespoons extra-virgin olive oil

Brazilian seasoning:

- 1 tablespoon onion powder
- 1 tablespoon fresh oregano, crushed
- 1/2 tablespoon paprika
- Himalayan sea salt and freshly ground black pepper

Brazilian Vegetables

- 2 cups butternut squash, diced
- 1 onion, diced
- 2 bell peppers, sliced
- 2 tomatoes, diced
- 4 garlic cloves, minced
- 2 teaspoons dried thyme
- 2 teaspoons dried parsley
- 2 teaspoons smoked paprika
- Himalayan sea salt and freshly ground black pepper



1. Preheat oven to 400 F. In a bowl, combine the Brazilian seasoning, lemon juice, lemon zest, onion powder, oregano, paprika and olive oil, then season to taste.

2. Brush the chicken with 2 teaspoons of the Brazilian seasoning mixture, making sure everything is well coated.

3. In a bowl, combine all the ingredients for the vegetables, and season to taste.

4. Place the chicken in a baking dish and surround the chicken with the vegetable mixture.

5. Pour any remaining sauce over the chicken and vegetables. Bake in the preheated oven for 35 to 45 minutes. Serve the chicken with baked vegetables.

Makes 4 servings.
Serving Size = 3 ounces of chicken and 1 cup of vegetables
Enjoy with 1 cup of on plan fruit to complete the meal.