

LEMON HERB CHICKEN

w/ Roasted Potatoes & Green Beans

SERVINGS: 4

RECIPE BY: Tymeria Isom

INGREDIENTS

- 4 boneless, skinless chicken thighs or breasts
- 1 lb baby potatoes (halved)
- 1 lb fresh green beans (trimmed)
- Olive oil
- Lemon juice and zest of 1 lemon
- 2 cloves garlic, minced

SEASONINGS

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried Italian herbs (or thyme, oregano, basil)
- ½ tsp mustard powder
- ½ tsp turmeric
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes (optional for heat)
- Salt & pepper
- Optional garnish: chopped parsley, extra lemon slices

Scan for example shopping list



NOTES

This well-balanced, heart-friendly dish focuses on whole ingredients, healthy fats, and anti-inflammatory spices. It offers the warmth and flavor of classic soul food with modern, nourishing upgrades.