

# SHEET PAN LEMON CHICKEN AND KALE



## SERVING SIZE

5



## INGREDIENTS

### ITEM

Chicken (your choice of cuts)

Olive oil

Lemon (zest + juice)

Salt

### QUANTITY

2 lb

2 tbsp.

1

1 tsp.

### ITEM

Oregano

Crushed red pepper

Turnips, cubed

Kale (destemmed & chopped)

### QUANTITY

½ tsp.

½ tsp.

2 medium

4 small heads



## PREPARATION

- Preheat oven to 400°F (200°C).
- In a small bowl, mix olive oil, lemon zest, lemon juice, salt, oregano, and crushed red pepper.
- Place chicken pieces on a sheet pan and drizzle with the lemon mixture. Toss to coat evenly.
- Arrange cubed turnips and chopped kale around the chicken on the sheet pan.
- Roast for 25-30 minutes, or until chicken is fully cooked and the vegetables are tender.
- Remove from the oven, serve, and enjoy!