

## **Tuscan Roasted Chicken and Vegetables**

### **Ingredients:**

4 Roma tomatoes  
2 medium zucchini  
2 cups of broccoli florets  
1 bulb fennel  
3 tablespoons olive oil  
1 teaspoon salt  
4 skinless chicken breasts (about 2 ½ pounds)  
4 cloves of garlic, finely minced  
2 teaspoon finely grated lemon zest  
2 tablespoon fresh lemon juice  
Ground pepper  
1 tablespoon chopped fresh rosemary or 1 teaspoon dried, crumbled

In a small bowl, combine the olive oil, salt, pepper, garlic, lemon zest, lemon juice. Place half the mixture in a plastic ziplock bag with the chicken and marinate in the refrigerator for 1 to 3 hours. Refrigerate the remaining mixture for later.

Preheat oven to 375 F

Cut the tomatoes lengthwise into quarters and remove seeds.

Trim the zucchini cut in half crosswise. Then cut each piece in half lengthwise twice.

Remove the outermost layer of the fennel bulb and discard. Cut the bulb in half so that each half retains part of the stem end. Cut each half into 8 thin wedges is held together by a little piece of stem.

Put the vegetables in a large baking dish. Toss them with marinade that was set aside earlier.

Arrange the chicken pieces in the pan with the vegetables.

Roast for 30 minutes, then give the vegetables a stir and add the rosemary. Return to the oven and roast until the chicken is just cooked through and the vegetables are tender and beginning to brown. 20 to 30 minutes more.

Adapted from a recipe in The Food You Crave - Food Network by Ellie Krieger: Taunton Press