



Parmesan Chicken and Veggies

INGREDIENTS

For the Chicken:

1 Egg
1/2 Lemon (Juice)
2 Garlic (Cloves)
1/2 Tbs Parsley (Chopped)
1/2 Cup Breadcrumbs
1/3 Cup Parmesan Cheese
1 lb Chicken
Salt and Pepper to taste

For the Veggies:

8-10 Baby Potatoes (Quartered)
1/2 Cup Butter
2 Garlic (Cloves)
1 lb Green Beans
Salt and Pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°.
2. **For the Chicken:** In a large bowl, whisk together egg, lemon juice, garlic, parsley, salt and pepper. Dip chicken into egg mixture, cover and allow to marinate in the refrigerator for 30 minutes to 1 hour.
3. In another bowl, combine the breadcrumbs and parmesan cheese.
4. Dredge the marinated chicken in the breadcrumb and parmesan mixture. Lightly pressing to evenly coat. Place chicken onto baking sheet.
5. **For the Veggies:** Mix together the butter, garlic, salt and pepper to taste. Pour half of the butter mixture over the potatoes. Toss to coat evenly. Pour remaining butter mixture over green beans and toss to coat evenly.
6. Arrange potatoes around chicken on baking sheet. Bake chicken and potatoes for 15 minutes.
7. Remove baking sheet from oven and flip each piece of chicken. Move potatoes to one side and place green beans on the other side of baking sheet. Return to oven and broil for 10 minutes or until chicken is golden and cooked through.
8. Sprinkle with chopped parsley, serve immediately and enjoy!