

One Pan Lemon Parmesan Chicken with Zucchini and Squash

Ingredients:

1-1.5 lbs bones skinless chicken thighs or breast, cut into cubes
2 tbsp olive oil, divided
2 tbsp butter, divided
Salt and ground pepper to taste
3 tsp Italian seasoning, divided
1 tsp garlic powder, divided
½ tsp onion powder
1 tsp lemon zest
10 oz (2 small or 1 large) zucchini, sliced and halved if wider
10 oz (2 small or 1 large) squash, sliced and halved if wider
1/3 cup finely shredded parmesan
2 tbsp fresh lemon juice

Instructions:

1. Place chicken in medium bowl along with salt and pepper, 2 teaspoons of Italian seasoning, ½ teaspoon of garlic powder, onion powder and lemon zest then toss to coat.
2. Heat 1 tablespoon of olive oil in large skillet over medium-high heat.
3. Melt 1 tablespoon of butter in pan with olive oil then add chicken and cook until cooked through.
4. Remove from heat and transfer to bowl, tent with foil to keep warm.
5. Heat remaining 1 tablespoon of oil and 1 tablespoon of butter in same skillet over medium-high heat.
6. Add zucchini and squash, then season with salt, 1 teaspoon of Italian seasoning and ½ teaspoon of garlic powder. Cook tossing occasionally until just tender, about 4-5 minutes.
7. Return chicken to pan with zucchini and squash. Drizzle lemon juice and toss.
8. Sprinkle with parmesan.
9. Can be served over rice, quinoa or as is.

