

## INGREDIENTS

- 1-12.5 oz canned chicken, drained
- 3 tsp dried oregano, divided
- 2 tsp paprika, divided
- 1 tsp sea salt
- ½ tsp black pepper
- 8 ounces baby red potatoes, quartered
- 8 ounces brussels sprouts, halved or quartered
- 2 tbsp olive oil
- 1 tbsp garlic powder
- 1 teaspoon fresh lemon juice
- Zest of 1 lemon

## DIRECTIONS

1. Preheat oven to 400° F. Lightly oil a baking sheet.
2. Season chicken with 2 teaspoons of oregano, 1 teaspoon paprika, salt and pepper. Set aside.
3. Place potatoes and brussels sprouts in a single layer onto the prepared baking sheet. Stir in olive oil, garlic lemon juice and lemon zest and the remaining oregano and paprika.
4. Place into oven and roast for 25-30 minutes or until the potatoes and Brussel sprouts are tender. Spread chicken on top and broil for 2-3 minutes, or until the chicken is caramelized and slightly charred on top.
5. Serve immediately. Enjoy!



## CHICKEN, BRUSSEL SPROUTS AND POTATOES

*Clyde's Cupboard*

*High Protein | Gluten Free | Dairy Free | Nut-Free*

Yield:  
4 Servings

Prep Time:  
10 Min

Cook Time:  
35 Min

## NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
410 kcal	6 g	16 g	4 g	23 g