Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

Makes 4 servings. ½ chicken breast and 1 cup vegetables per serving.

Prep time: 10 minutes  Cook time: 25 minutes

Ingredients
½ pound small red potatoes (about 3 potatoes), rinsed and cubed
1 ½ cups baby carrots
1 cup green beans, trimmed
2 boneless, skinless chicken breasts, halved (about 1 pound)
1 tablespoon olive oil

¼ cup lemon juice, divided
2 tablespoons honey*
1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
1 teaspoon grated lemon peel
¼ teaspoon ground black pepper

Preparation
1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg