Dinner, European

Baked Mustard Chicken with Summer Vegetables

Tender chicken breasts are brushed with a tangy lemon and mustard glaze, then baked alongside juicy tomatoes and zucchini rounds for a cosy one dish dinner.



Nut free

40 min	220	8 g	0 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 med zucchini (cut into 1/4-inch rounds)
- [ ] 10 oz grape tomatoes
- [ ] 1 tbsp olive oil
- [ ] 1/4 tsp black pepper (ground, divided)
- [ ] 1/2 med lemon (juiced)
- [ ] 2 tbsp Dijon mustard
- [ ] 4 pieces, about 4 ounces each chicken breasts (boneless, skinless)
- [ ] 1/4 tsp kosher salt (optional)
- [ ] 1/2 tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] 1 tbsp Parmesan cheese (freshly grated)

Nutrition Facts

Per serving

Calories	220
Total fat	7 g
Saturated fat	1.5 g
Sodium	370 mg
Total carbs	8 g
Fiber	2 g
Total sugars	0 g
Protein	28 g

Method

- [ ] **1** Warm the oven up to 350 degrees, then coat the inside of a large baking dish with the nonstick cooking spray.
- [ ] **2** In a small bowl, stir the zucchini rounds together with the grape tomatoes, the olive oil and 1/8 tsp of the black pepper until everything is evenly coated, then leave the bowl off to the side.
- [ ] **3** Whisk the juice squeezed from the lemon half into the Dijon mustard in a separate small bowl and keep this glaze close by.
- [ ] **4** Take the 4 boneless, skinless chicken breast pieces, about 4 ounces apiece, and coat them all over with the last 1/8 tsp of black pepper along with the garlic powder, the dried oregano and, if you like, the kosher salt.
- [ ] **5** Lay the seasoned breasts in the prepared dish, brush each top with the mustard glaze and scatter the freshly grated Parmesan cheese over everything.
- [ ] **6** Nestle the zucchini and tomatoes in the spaces around the chicken and bake for 30 minutes or until the chicken is done.

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