

Easy Meal Prep: Lemon Chicken with Black Bean, Corn & Tomato Salad

Grilled Lemon Chicken with Black Bean, Corn, and Tomato Salad



OVEN
400°F

TIME
30 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

? Black Bean, Corn, and Tomato Salad:

- 1 can black beans, drained
 - 2 cups corn kernels (canned, thawed frozen, or fresh)
 - 2 cups cherry tomatoes, halved
 - 2 Tbsp red onion, finely chopped
 - Handful of fresh chopped cilantro
 - 1/4 cup lime juice
 - 1/2 tsp salt
 - 1/2 tsp ground black pepper
- ? Grilled Lemon Chicken:
- 1 lb boneless chicken breast
 - Juice of 1 lemon
 - 1/2 cup extra virgin olive oil
 - 1/4 tsp ground black pepper
 - 1/4 tsp garlic powder

DIRECTIONS

- ? Make the Salad:: In a large bowl, combine black beans, corn, cherry tomatoes, red onion, and chopped cilantro.
- Add lime juice, salt, and pepper. Mix well.
- Taste and adjust seasoning if needed. Set aside or refrigerate.
- ? Marinate & Cook the Chicken:: In a shallow bowl, whisk together lemon juice, olive oil, salt, pepper, and garlic powder.
- Slice each chicken breast in half to make 4 thin, even pieces (about 3/8 inch thick).
- Add chicken to the marinade and let sit for 20-30 minutes, flipping halfway.
- Grill: Cook over medium-high heat for 5-7 minutes per side.Or Bake: 400°F for 25-30 minutes, flipping halfway, until golden and cooked through.

SWAPS & NOTES

You can bake or pan-sear the chicken instead.

Spice it up with a pinch of cayenne or chili flakes in the marinade.

Add avocado or diced cucumber to the salad for extra texture.

Use lime instead of lemon if that's what you have-it blends well with the salad's zest.

TIPS FOR SUCCESS

Pound chicken breasts for even cooking and maximum tenderness.

Chill the salad for at least 15 minutes before serving-it boosts the flavor.

Batch the salad for the week-it holds up well and pairs with other proteins too.

This entire meal is gluten-free and naturally dairy-free.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-meal-prep-lemon-chicken-with-black-bean-corn-tomato-salad/>