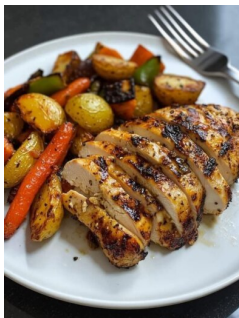


Grilled Chicken with Roasted Vegetables & Potatoes - A Balanced, Flavor-Packed Dinner

Grilled Chicken with Roasted Vegetables & Potatoes



OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

? Grilled Chicken:

1 boneless, skinless chicken breast

1 tbsp olive oil

1 tsp garlic powder

1 tsp smoked paprika

$\frac{1}{8}$ tsp salt

$\frac{1}{8}$ tsp black pepper

$\frac{1}{8}$ tsp dried oregano

1 tbsp lemon juice

? Roasted Potatoes:

2 medium potatoes, diced

$\frac{1}{8}$ tsp paprika

$\frac{1}{8}$ tsp garlic powder

? Roasted Vegetables:

$\frac{1}{8}$ cup carrots, sliced

$\frac{1}{8}$ cup bell peppers, chopped

$\frac{1}{8}$ cup snap peas

$\frac{1}{8}$ tsp Italian seasoning

Ingredient Swaps & Notes:

Vegetables: Swap in zucchini, red onion, or broccoli for seasonal variety.

Chicken: Try boneless thighs for a juicier alternative.

Spices: Feel free to add crushed red pepper for heat or a squeeze of balsamic glaze for sweetness.

Carbs: Substitute sweet potatoes or cauliflower for

the potatoes if you prefer.

How to Make It - Step-by-Step:

1 Marinate & Grill the Chicken:

In a small bowl, mix olive oil, garlic powder, paprika, oregano, salt, black pepper, and lemon juice.

Coat the chicken breast in the marinade and let sit for 15-30 minutes.

Grill on medium heat for 5-7 minutes per side, or until the internal temperature reaches 165°F (75°C). Set aside to rest.

2 Roast the Potatoes:

Preheat oven to 400°F (200°C).

Toss diced potatoes with olive oil, salt, pepper, paprika, and garlic powder.

Spread on a baking tray and roast for 25-30 minutes, flipping once for even crisping.

3 Roast the Vegetables:

In a separate bowl, toss carrots, bell peppers, and snap peas with olive oil, salt, pepper, and Italian seasoning.

Roast on a separate tray at 400°F (200°C) for 20-25 minutes, stirring halfway through.

DIRECTIONS

1. Marinate & Grill the Chicken: In a small bowl, mix olive oil, garlic powder, paprika, oregano, salt, black pepper, and lemon juice.
2. Coat the chicken breast in the marinade and let sit for 15-30 minutes.
3. Grill on medium heat for 5-7 minutes per side, or until the internal temperature reaches 165°F (75°C). Set aside to rest.
4. Roast the Potatoes: Preheat oven to 400°F (200°C).
5. Toss diced potatoes with olive oil, salt, pepper, paprika, and garlic powder.
6. Spread on a baking tray and roast for 25-30 minutes, flipping once for even crisping.
7. Roast the Vegetables: In a separate bowl, toss carrots, bell peppers, and snap peas with olive oil, salt, pepper, and Italian seasoning.
8. Roast on a separate tray at 400°F (200°C) for 20-25 minutes, stirring halfway through.
9. Tips for Success: Use a Meat Thermometer: Ensures perfectly grilled chicken every time.
10. Cut : Evenly: Keep potato and vegetable pieces uniform for even roasting.
11. One-: Pan Option: Combine all veggies on one large sheet pan if space allows for quicker cleanup.
12. Serving Suggestions & Pairings: Serve this dish fresh off the grill and straight from the oven for best texture and flavor. Add a refreshing drink like this blueberry lemonade to round out the meal. You could also pair it with a crisp side salad or light starter like this tangy chicken salad for a protein-packed

meal combo.

13. **Storage & Leftover Tips:** Fridge: Store components separately in airtight containers for up to 4 days.
14. **Reheat:** Warm in a 350°F oven or microwave until hot.
15. **Meal :** Prep: Portion into containers with sliced chicken, roasted veggies, and potatoes for easy lunches.
16. **More Recipes You'll Love:** Looking for other hearty, satisfying dinners? Check out:
17. **These :** Easy Turkey Wings - comfort food at its best.
18. **This :** Dorito Casserole - fun and fast for weeknight cravings.
19. **This :** Tomato Skillet with Okra and Sausage - bold Southern flavor in one pan.
20. **Final Thoughts:** This Grilled Chicken with Roasted Vegetables & Potatoes proves that clean eating doesn't have to be boring. It's flavorful, nourishing, and endlessly adaptable-just the kind of meal that brings balance and satisfaction to your table.
21. **If you make it, let us know!** Drop a comment or tag us on social media, and don't forget to follow for more wholesome, flavor-packed recipes from Chef Maniac.

SWAPS & NOTES

-flavorful, colorful, filling, and surprisingly easy to make.

Whether you're planning a weeknight dinner or a nourishing weekend lunch, this well-rounded dish is sure to leave everyone satisfied.

It's packed with lean protein, crisp-tender veggies, and golden, seasoned potatoes-all cooked to perfection with minimal fuss.

Why I Love This Recipe Meals like this are the backbone of my weekly menu-balanced, beautiful, and bursting with wholesome flavor.

TIPS FOR SUCCESS

Use a Meat Thermometer: Ensures perfectly grilled chicken every time.

Cut Evenly: Keep potato and vegetable pieces uniform for even roasting.

One-Pan Option: Combine all veggies on one large sheet pan if space allows for quicker cleanup.

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

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