

One-Pan Mediterranean Baked Chicken and Zucchini

Mediterranean Baked Chicken with Zucchini

OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

4 chicken breasts
2 medium zucchinis, sliced
2 cups cherry tomatoes, halved
1 cup red bell pepper, sliced
1/2 cup red onion, sliced
1/4 cup olive oil
1/4 cup fresh parsley, chopped
1/4 cup fresh basil, chopped
2 garlic cloves, minced
1/2 tsp dried oregano
1/2 tsp dried thyme
Salt, to taste
Black pepper, to taste
1/2 cup feta cheese, crumbled

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 400°F (200°C).
- 2.** Prepare the Chicken: Place the chicken breasts in a large baking dish or sheet pan.
- 3.** Add the Vegetables: Arrange the sliced zucchini, cherry tomatoes, red bell pepper, and red onion around the chicken.
- 4.** Make the Seasoning: In a small bowl, combine:
- 5.** Olive oil
- 6.** Minced garlic
- 7.** Oregano
- 8.** Thyme
- 9.** Salt
- 10.** Black pepper
- 11.** Mix well.
- 12.** Season the Dish: Drizzle the seasoning mixture evenly over the chicken and vegetables.
- 13.** Bake: Bake for 25-30 minutes, until the chicken is fully cooked and the vegetables are tender.
- 14.** The chicken should reach an internal temperature of 165°F (74°C).
- 15.** Add Fresh Herbs: Remove the dish from the oven and sprinkle with fresh parsley and basil.
- 16.** Finish with Feta: Top with crumbled feta cheese and serve warm.

SWAPS & NOTES

This Mediterranean chicken recipe is flexible and easy to customize.

Chicken options Boneless chicken thighs can replace chicken breasts for a juicier result.

Vegetable substitutions Eggplant, asparagus, or mushrooms make great alternatives to zucchini.

Herb variations Fresh dill or oregano can add additional Mediterranean flavor.

TIPS FOR SUCCESS

Use evenly sized vegetables This ensures everything cooks at the same rate.

Don't overcrowd the pan Vegetables roast better when spread in a single layer.

Check chicken doneness Using a meat thermometer prevents overcooking.

Add feta at the end This keeps the cheese creamy rather than overly melted.

