

# Melt Fat Moroccan Sheet Pan Chicken



*For a faster version you can buy pre-mixed Moroccan or Indian spices in the ethnic section at your grocery store — simply season your foods.*

## For Spice Mixture

### **Ingredients:**

- (¼ tsp.) Salt
- (½ tsp.) Ground cumin/turmeric
- (½ tsp.) Paprika
- (1/8 tsp.) Ground cayenne pepper
- (¼ tsp.) Freshly ground black pepper
- Olive oil spray or (1 tbsp.) extra virgin Olive oil (use sparingly)
- (2 cloves) Garlic, pressed (or garlic powder)

## For Sheet Pan Chicken

- (8 oz.) Chicken breasts, divided into (2) 4 oz. pieces
- (1 small) Lemon
- (½) Red onion or large sweet onion, cut into (12) wedges
- (4 large) Carrots
- (1 cup) Mixed mushrooms
- Olive oil spray or (1 tsp.) extra virgin Olive oil
- (1/8 tsp.) Salt
- (1 tsp.) Turmeric

Enjoy the flavors of Morocco with richly spiced chicken, savory onions, and tangy olives. Using just one small bowl and a baking sheet, this Moroccan Sheet Pan Chicken is just as easy to clean up as it is to prepare!

**PREP TIME:** 10 minutes

**COOK TIME:** 20 minutes

**TOTAL TIME:** 30 minutes

**SERVES:** 2

### **Directions:**

- Preheat oven to 475° F.
- In a small bowl, prepare the spice rub by combining the salt, cumin/turmeric, paprika, cayenne, and black pepper.
- Stir in 1 tbsp. of olive oil and the pressed garlic. (\*Add some water or chicken broth if it appears to dry). Don't have chicken broth? Spray with water to keep moist.
- Cut the lemon in half and set one half aside. Cut the remaining half into thin slices, then arrange the slices in a single layer on a rimmed half sheet pan.
- Scatter the onion wedges over the lemons, then drizzle 2 tsp. of olive oil over the onions.
- Sprinkle the pan with ¼ tsp. of salt and 1 tsp. turmeric.
- Place the chicken quarters on the pan, skin side up.
- Pat the top of the chicken dry, then brush the prepared spice mixture evenly onto the chicken.
- Transfer the pan to the preheated oven and roast for 15-20 minutes, or until the chicken is cooked and the juices run clear.
- Squeeze the juice from the remaining half lemon onto the chicken.

Can be served with clear broth soup and on a bed of shredded lettuce. Delicious and good for your weight loss!