



Oregano Chicken with Vegetables

MyPlate2Yours - Lynn Dugan

Ingredients

6 pieces of chicken (I used 3 boneless breasts, halved)
3 potatoes, peeled and quartered
3 plum tomatoes, halved
2 large onions, quartered
1/2 pound whole mushrooms, cleaned
1/4 cup olive oil
1 tablespoon dried oregano
2-3 cloves garlic, minced (about 1 tablespoon)
1/2 teaspoon salt, 1/4 teaspoon pepper

Directions

Preheat oven to 450°F. Place chicken and vegetables on large baking sheet. Mix oil, oregano, garlic, salt and pepper in a glass measuring cup. Pour over chicken and vegetables, mix well and put chicken pieces on top. Roast (placed high in oven) 40-45 minutes for boneless or up to 60 minutes for bone-in. Enjoy!