

## **Pan Roasted Lemon Chicken with Potatoes, Asparagus, and Spinach**

3 medium red potatoes (Klondike Rose if you can find them)  
1 thick slice of sweet onion from a large onion  
1 teaspoon minced garlic  
Ground black pepper, to taste  
Salt or Mrs. Dash, to taste  
1/2 teaspoon dried rosemary, crushed between fingers  
1 tablespoon olive oil  
Spray oil, as needed  
1 pound bone-in skin-on chicken breast(s)  
1 large lemon, cut into wedges  
1/2 bunch of asparagus  
1/2 of an 8-ounce bag spinach

Preheat oven to 450 degrees. Wash and scrub the potatoes, then cut them into 1 inch or so chunks. Cut the thick onion slice in half and separate. Add the potatoes, onion, garlic, crushed rosemary, salt or Mrs. Dash, ground pepper, and olive oil to a shallow roasting pan, then toss to coat.

Roast the potatoes for 20 minutes, flipping halfway through and spraying with more oil, if needed.

Meanwhile, cut the chicken breast(s) in half or thirds. The breast I had was so huge we only needed one for the three of us. Season the chicken with salt or Mrs. Dash and pepper. Squeeze 1 or 2 wedges of lemon over the chicken and spray lightly with oil.

Remove pan from oven at required time and arrange chicken over top of the potatoes. Place back in oven and cook for 15 more minutes.

Meanwhile, trim the asparagus of woody stems then cut into 2-inch pieces. Again, remove pan from oven at required time and arrange the asparagus around the chicken on top of the potatoes. Spritz the asparagus with a little spray oil, then squeeze 1 lemon wedge over it. Place back in oven and cook for another 15 minutes.

Last, remove the pan from the oven again, then add the spinach over all. (It looks like a LOT but it cooks down just fine.) Squeeze another 2 lemon wedges over the spinach, then place the expended lemon wedges in the pan just for good measure.

Place back in oven and cook for about 5 more minutes, or until the spinach has wilted. Remove from oven (last time, I promise!). Remove chicken breast pieces from the pan and place a piece on each dinner plate. Toss the vegetables together, then serve on the plate with the chicken.

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