



# Healthy Grilled Chicken Plates with Seasonal Vegetables

Succulent grilled chicken breasts paired with vibrant roasted vegetables, quinoa, and a zesty lemon-herb dressing create a nutrient-dense meal that's both restaurant-quality and weeknight-friendly. This colorful plate combines lean protein, whole grains, and fresh produce for a perfectly balanced dinner that satisfies without compromising on flavor. The smoky char from the grill combined with bright, fresh herbs makes this dish absolutely irresistible.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 minutes	25 minutes	45 minutes	4 servings

## INGREDIENTS

4 pieces (6 oz each) Boneless, skinless chicken breasts	3 tablespoons Extra virgin olive oil
3 tablespoons Fresh lemon juice	4 cloves Garlic cloves, minced
2 tablespoons combined Fresh rosemary and thyme	To taste as needed Sea salt and black pepper
2 cups Cherry tomatoes, halved	2 medium Zucchini, sliced lengthwise
2 large Red bell pepper, chunked	2 cups Cooked quinoa
3 tablespoons Fresh parsley, chopped	1 teaspoon Dijon mustard

## INSTRUCTIONS

- 1
- In a small bowl, whisk together 2 tablespoons of olive oil, fresh lemon juice, minced garlic, fresh rosemary, thyme, sea salt, and black pepper. This aromatic mixture will infuse the chicken with Mediterranean flavors. Reserve 2 tablespoons of

this mixture in a separate bowl for drizzling over the finished plates.

**2** Place chicken breasts in a large zip-top bag or shallow dish and pour the marinade over them, ensuring they're well coated on both sides. Let sit for 10-15 minutes at room temperature. If using a bag, gently massage the marinade into the chicken to distribute the herbs and garlic evenly.

**3** While the chicken marinates, prepare your vegetables. Toss the halved cherry tomatoes, zucchini slices, and bell pepper chunks with 1 tablespoon of olive oil, salt, and pepper in a separate bowl. Arrange them on a grill tray or in a grilling basket for easy handling on the grill.

**4** Preheat your grill to medium-high heat (approximately 400-450°F) for 10 minutes. Once hot, carefully oil the grill grates using a paper towel dipped in oil and a pair of long tongs to prevent sticking. This step is crucial for achieving those beautiful grill marks and preventing the chicken from sticking.

**5** Place the marinated chicken breasts on the grill directly over the heat, and place the vegetable tray on a secondary area of the grill or slightly to the side. Grill the chicken for 6-7 minutes per side without moving it around, allowing for proper caramelization and grill marks. The vegetables will need 8-10 minutes total, stirring occasionally. Chicken is done when it reaches an internal temperature of 165°F when measured with a meat thermometer.

**6** Remove the chicken from the grill and place it on a cutting board. Let it rest for 3-4 minutes before slicing; this allows the juices to redistribute throughout the meat, keeping it moist and tender. Slice each breast into 1/2-inch thick pieces, revealing the beautiful char on the exterior.

**7** Divide the cooked quinoa evenly among four plates, creating a base for each plate. Arrange the grilled vegetables around the quinoa, then top with the sliced grilled chicken. Drizzle the reserved lemon-herb marinade over each plate and garnish with fresh chopped parsley for a pop of color and freshness.

### Chef's Notes

The key to perfectly grilled chicken is understanding your grill's hot spots and using them strategically. I always recommend letting your protein come to room temperature before grilling, as this ensures even cooking from edge to center. Don't be afraid of a good sear—the flavorful crust that develops is worth the slight increase in cooking time. Finally, investing in a reliable meat thermometer removes all guesswork and guarantees perfectly cooked chicken every single time.

### NUTRITION PER SERVING

Calories: **420 kcal**   Protein: **38 g**   Carbs: **42 g**   Fat: **12 g**