

# Grilled Citrus Chicken Bowls

## INGREDIENTS

### For Chicken:

- 1/2 cup fresh navel orange juice
- 2 tsp fresh orange zest
- 2 Tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tbsp fresh lime juice
- 1/2 tsp lime zest
- 1/4 cup olive oil
- 1 Tbsp chopped shallot or red onion
- 1 Tbsp minced fresh garlic
- 1 Tbsp chopped fresh rosemary (or 1 tsp dried)
- 2 tsp dijon mustard
- 2 tsp honey
- 1 1/2 tsp salt, or to taste
- 1/2 tsp freshly ground black pepper.
- 4 - 5 (6 oz) boneless skinless chicken breasts or thighs

### For the potatoes:

- 1 1/2 lbs baby potatoes or Yukon golds, quartered
- 2 tablespoons olive oil
- 1/2 tsp salt
- 1/2 tsp garlic powder
- Black pepper, to taste

### For the veggies:

- 2 zucchini or summer squash, sliced lengthwise into planks
- 2 bell peppers, quartered
- 1 red onion, sliced
- 2 ears corn, husked
- Olive oil, salt & pepper

## DIRECTIONS

1. Preheat oven to 425°F.
2. Preheat grill to medium-high heat (around 400°F).
3. Quarter the potatoes and toss with olive oil, salt, garlic powder, and pepper.
4. Spread on a sheet pan and roast for 25-30 minutes, flipping halfway through.
5. While the oven and grill are heating and the potatoes are roasting, whisk together the marinade.
6. Add chicken to the marinade and let sit for 15-20 minutes.
7. Slice zucchini and bell peppers; prep the corn.
8. Toss all veggies with olive oil, salt, and pepper.
9. Grill chicken for 6-7 minutes per side, or until internal temperature reaches 165°F. Let rest for 5 minutes.
10. Grill veggies:
  - a. Zucchini and bell peppers for 2-3 minutes per side
  - b. Corn for 8-10 minutes, rotating occasionally
11. Potatoes should finish roasting while the chicken and veggies are on the grill.
12. Remove potatoes from the oven.
13. Slice the chicken and cut corn off the cob if desired.
14. Plate crispy potatoes, grilled chicken, and veggies.
15. Add optional toppings like fresh herbs, crumbled feta, or lemon wedges.