

Grilled Chicken with Marinated Veggies

Savor the smoky flavors of grilled chicken paired with colorful, marinated grilled veggies. This healthy dish is perfect for a light dinner or lunch, bringing together the freshness of bell peppers and other vegetables.


30 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 bell pepper (any color)
- 1 small zucchini
- 1 small red onion
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Preheat your grill or grill pan over medium-high heat.
- 2 In a small bowl, whisk together olive oil, balsamic vinegar, oregano, garlic powder, salt, and pepper to make the marinade.
- 3 Cut the bell pepper, zucchini, and red onion into bite-sized pieces and place them in a bowl.
- 4 Pour half of the marinade over the veggies and toss to coat them well. Let them sit for about 10 minutes.
- 5 Meanwhile, coat the chicken breast with the remaining marinade and let it marinate for 10 minutes.
- 6 Grill the chicken for about 6-7 minutes on each side, or until fully cooked and internal temperature reaches 165°F (75°C).
- 7 On the grill, add the marinated veggies and cook for about 5-7 minutes, turning occasionally until they are tender and slightly charred.
- 8 Once done, serve the grilled chicken alongside the veggies, garnished with fresh parsley if desired.