



**Heart & Home**  
*Wellness Table Series*



Ronald McDonald  
House Charities®  
Central Ohio

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# Za'atar-Roasted Chicken with Chickpeas

This za'atar-roasted chicken is packed with vibrant, tangy flavor from a fragrant blend of herbs, lemon, and garlic. Roasted with chickpeas on one sheet pan, it's an easy, satisfying meal perfect for busy nights.

Servings: 6 | Total Time: 50 min



## NUTRITION NOTES

- Smooth and vibrant, **extra-virgin olive oil** creates a rich base that carries the dish's bold Mediterranean flavors throughout every bite, while bright lemon juice adds a refreshing acidity that balances the savory and earthy elements.
- Fragrant and herbaceous, **za'atar** infuses the dish with warm, citrusy notes, while salt and ground pepper enhance and round out the overall flavor.
- Juicy and flavorful, bone-in, skin-on **chicken thighs** roast to tender perfection, delivering richness and satisfying protein in every bite, complemented by hearty chickpeas that add texture and nourishment.
- Sweet and aromatic, **yellow onions** and roasted garlic deepen the flavor with subtle sweetness, while creamy feta cheese and fresh cilantro provide a tangy, vibrant finish.

# Za'atar-Roasted Chicken with Chickpeas

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Courtesy of:



## INGREDIENTS

- 1/3 cup extra-virgin olive oil
- 1/3 cup lemon juice (from 2 lemons)
- 1 1/2 tablespoons za'atar
- 3/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 6 (6-ounce) bone-in, skin-on chicken thighs
- 2 (15 1/2-ounce) cans no-salt-added chickpeas, rinsed
- 2 small yellow onions, cut into 1/2-inch-thick wedges
- 1 medium lemon, sliced (about 1/2 cup)
- 1 whole head garlic, halved crosswise
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh cilantro leaves
- Additional toppings
  - Brown Rice
  - Greek Yogurt Tzatziki
  - Naan

**Nutrition Profile:** Dairy-Free | Soy-Free | Egg-Free | High-Protein | Low-Calorie | Heart-Healthy | Fiber-Rich

## NUTRITION FACTS *(per serving)*

Serving Size: 1 chicken thigh & about 1 cup chickpea mixture

Fat 19g  
Saturated Fat 4g  
Cholesterol 104mg  
Carbohydrates 32g

Total Sugars 5g  
Added Sugars 0g  
Protein 29g  
Fiber 7g

## INSTRUCTIONS

1. Preheat oven to 425°F with rack in upper third position. Whisk 1/3 cup oil, 1/3 cup lemon juice, 1 1/2 tablespoons za'atar, 3/4 teaspoon salt and 1/2 teaspoon pepper together in a large bowl until combined.
2. In a separate bowl, add chicken and onion wedges; toss half of the spice mixture until coated. Spread on a baking sheet, placing the chicken skin-side up. Arrange lemon slices cut sides down, around the chicken
3. In another bowl, add rinsed chickpeas and the rest of the spice mixture. Spread on a parchment lined sheet tray, arrange garlic halves around chickpeas, cut side down.
4. Roast until the chicken is browned and an internal temp is reading 165°F, about 35 minutes.
5. Roast chickpeas until they are crispy, about 25 minutes. Squeeze garlic cloves from their skins onto the chickpea mixture; discard the skins.
6. Serve with feta and cilantro leaves on the side, for a build your own bowl.

Servings Per Recipe: 6 | Calories: 417

Sodium 610mg  
Potassium 616mg

*\*Nutrition information provided directly by [eatingwell.com](http://eatingwell.com) and reflects values listed at the time of publication. Recipe sourced from: [eatingwell.com](http://eatingwell.com)*