

Hummus Crusted Chicken

Servings: 2

From <http://www.gimmesomeoven.com/hummus-crusted-chicken/>

Ingredients

2 boneless, skinless chicken breasts
1/2 tsp salt, divided
1/2 tsp pepper, divided
1/2 cup hummus
1 lemon
1/2 tsp paprika
1/2 onion, chopped
1 zucchini, chopped
1 yellow squash, chopped
1/2 Tbsp olive oil
1 box rice pilaf

Preparation

- 1) Preheat oven to 450 degrees.
- 2) Place chicken breasts in a baking dish coated with cooking spray. Season each chicken breast with salt and pepper and top each with hummus. Spread hummus over chicken breast so that they are entirely covered. Squeeze juice of half the lemon over chicken. Sprinkle with paprika.
- 3) In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with salt and pepper.
- 4) Place all of the vegetables in an even layer on a baking sheet. Squeeze the other half the lemon juice over vegetables.
- 5) Bake both dishes for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Toss vegetables halfway through cooking.
- 6) Cook rice according to package directions. Serve on the side.