Baked Chicken Thighs with Herbs, Zucchini and Lemon Sauce

Fresh Sage, minced

Fresh Rosemary, minced

Fresh Oregano or Basil, minced

2 lb boneless skinless chicken thighs

Oil to coat the chicken

3 good-sized zucchini, medium dice

S+P to taste

Juice of at least 3 lemons

Enough arrowroot to thicken and make a sauce

S+P to taste

Sugar to taste

1. Preheat the oven to 400F
2. Toss the chicken thighs herbs and oil, coat well. Lay out the chicken evenly in a baking dish with the zucchini on top.
3. Bake until the internal temperature of the chicken reaches 160F. Remove from oven and let rest. Once the chicken thighs have rested for 5 minutes, cut into bite-sized pieces and set aside, draining the zucchini in a colander.
4. While the chicken and zucchini are baking; in a small pot combine the lemon juice, sugar, S+P and enough arrowroot to thicken and make a sauce. Stir well to dissolve the arrowroot and sugar. Heat at a medium-medium high temperature, stirring once the sauce begins to thicken.
5. Mix together the diced chicken, drained zucchini and lemon sauce together, stirring well to combine.
6. Portion out evenly. Serves 4