Roasted chicken and vegetables with Greek yogurt

ingredients

2 lb boneless-skinless chicken thighs

3-4 carrots, cut into sticks

1 lb green beans, trimmed

12 oz red potatoes, quartered

1 medium red onion, large dice

3-4 garlic cloves

2 T fresh rosemary, well minced

1 tsp dried thyme

1-2 T olive oil

S+P TT

2 C plain greek yogurt

Procedure

1. Preheat oven to 400F.
2. Toss vegetables and herbs with olive oil on the baking sheet
3. place chicken thighs on top of vegetables
4. Bake until chicken is cooked through and potatoes are tender
5. When done, let the chicken rest for 5 minutes, cut into bite sized pieces
6. in a large bowl, mix together the chicken, vegetables and Greek yogurt.
7. Portion out and serve