

SHEET PAN CHICKEN AND VEG

INGREDIENTS

- 1 lbs Chicken breast, cut into
- 2 inch cubes
- 2 cups Broccoli florets
- 1 cups Baby bella mushrooms, quartered
- 2 cups Red bell pepper, cut into 1 inch chunks
- 1 cup Zucchini, cut into 1 inch chunks
- 1 tablespoon approved oil
- 1/2 teaspoon Black pepper
- 1 teaspoon Smoked paprika
- 1/2 teaspoon Dried oregano
- 1/2 teaspoon Garlic powder



PREPARATION

1. Pre-heat the oven to 475°F.
2. Prep all of your chicken and veggies and set them on large sheet pan, or two small sheet pans
3. In a small bowl add the oil, spices. Whisk together.
4. Pour the oil mixture over the chicken and veggies on the sheet pan and mix. Lay out in a single layer.
5. Bake in the pre-heated oven for 18 minutes or until done.
6. For meal prep: divide into 3 bowls with lids and store in the fridge

