

SHEET PAN CHICKEN AND CABBAGE STIR FRY



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil
Cabbage, Shredded
Broccoli, Chopped
Brussels Sprouts, Halved or Quartered
Chicken Breasts, Boneless and Skinless

QUANTITY

1½ Tbsp.
4 Cups
2 Cups
2 Cups
1 Lb

ITEM

Minced Garlic
Salt
Ground Ginger
Coconut Aminos (or Low Sodium Soy Sauce)
Green Onion, Chopped (for Topping)

QUANTITY

½ Tbsp.
¼ Tsp.
½ Tsp.
3 Tbsp.



PREPARATION

- Set your oven to 425°F (220°C).
- Spread the shredded cabbage, chopped broccoli, and halved or quartered Brussels sprouts on a large sheet pan.
- Cut the chicken breasts into thin strips and lay them on top of the vegetables on the sheet pan.
- Drizzle olive oil over the chicken and vegetables. Sprinkle minced garlic, salt, and ground ginger evenly on top.
- Place the sheet pan in the preheated oven and bake for 20-25 minutes, until the chicken is fully cooked and the vegetables are tender.
- Remove the sheet pan from the oven. Drizzle the coconut aminos (or soy sauce) over everything and toss to coat.
- Sprinkle the dish with chopped green onion before serving. If in maintenance, add a drizzle of sriracha for extra heat.