



SHEET PAN CHICKEN WITH POTATOES & CARROTS



INGREDIENTS

ITEM	QUANTITY
• Boneless, Skinless Chicken Breast	5 oz
• Baby Potatoes, Halved	1 cup
• Carrots, Sliced	1 cup
• Olive Oil	1 tbsp
• Dried Rosemary	1 tsp.
• Salt & Pepper	

SERVING SIZE 1



PREPARATION

- In a small bowl, add apple cider vinegar and Dijon mustard. Whisk together until combined.
- Add olive oil and whisk until the dressing begins to emulsify.
- Stir in red pepper flakes and dried herbs.
- Season with sea salt to taste and mix well.
- Drizzle over salads or vegetables and serve immediately.