

## INGREDIENTS

- 1 lb Boneless, Skinless Chicken Breasts
- ½ lb Broccoli Crowns
- ½ lb Cauliflower Crowns
- 1 Medium Red Bell Pepper
- 4 Medium Carrots
- Any other vegetables on hand
- Olive Oil, Salt, Pepper, Herbs
- Sauce of Choice (Salsa, BBQ, Marinara, etc.)

## DIRECTIONS

1. Preheat oven to 425 F. Line a baking sheet with foil or parchment paper.
2. Pat the chicken breast dry with paper towels. Cut the chicken to your preferences. Sprinkle all chicken pieces with kosher salt and pepper. Spread chicken pieces on top of prepared baking sheet.
3. Cut all vegetables to preference. In this recipe, broccoli and cauliflower will be cut into smaller pieces and peppers into strips. Toss with olive oil and a pinch of salt and pepper. Spread the vegetables over the baking sheet.
4. Bake everything for 15-18 minutes, until chicken is cooked through and temperature of meat is 165 F.
5. Serve roasted chicken and vegetables with your favorite sauce, toppings, grains or root vegetables.



## One Pan Easy Roasted Dinner

*Dairy-Free | Gluten Free | High Protein*

Yield:  
2 Servings

Prep Time:  
15 Min

Cook Time:  
20 Min