

15-Minute Roasted Chicken and Veggies



PHOTO: <http://gimmedelicious.com/2016/03/22/15-minute-healthy-roasted-chicken-and-veggies/>

Nutrition Information Per Serving (Serving Size: 1/3 of recipe):

Calories: 345, Total Fat: 14g, Sodium: 306mg, Carbohydrate: 10g,

Fiber: 3g, Sugar: 5g, Protein: 43g

Serves 3

Ingredients:

1 cup bell pepper, chopped	2 tablespoons olive oil
1/2 onion, chopped	1/4 teaspoon salt
1 zucchini, chopped	1/2 teaspoon black pepper
1 cup broccoli florets	1 teaspoon Italian seasoning
1/2 cup grape tomatoes	1/4 teaspoon paprika
2 medium chicken breasts, chopped	

Directions:

1. Preheat oven to 500 degrees.
2. Chop all the veggies into large pieces. On another cutting board, chop the chicken into cubes.
3. Place the chicken and veggies in a sheet pan (do not use Pyrex dish). Add the olive oil, salt and pepper, Italian seasoning, and paprika. Toss to combine.
4. Bake for 15 minutes or until the veggies are charred and chicken is cooked. Enjoy with brown rice, whole wheat pasta, or a salad.

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