



Sheet Pan Balsamic Chicken and Veggies

4 servings

Ingredients:

- 3 tablespoons balsamic vinegar
- ½ cup avocado or olive oil
- 4 garlic cloves, minced
- 1 teaspoon brown or Dijon mustard
- 3 tablespoons fresh basil, can use dried as well
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 ¼ pounds boneless, skinless chicken breast, tenders or thighs (if large, cut in half) cut into bite size pieces
- 3 small heads of broccoli, chopped into pieces (about 4-5 cups total)
- 3-4 medium carrots, peeled and cut into skinny sticks
- 2 cups button mushrooms, halved or quartered if large
- 1 small onion, diced into larger chunks
- 1 cup cherry or grape tomatoes

Instructions:

1. Preheat the oven to 400 degrees. Line a sheet pan (a rimmed baking sheet) with parchment paper.
2. In a bowl, combine the balsamic vinegar, oil, garlic, basil, mustard, salt and pepper. Whisk to make the sauce.
3. Place chicken in zip-top bag or glass container. Pour about half of the balsamic sauce over the chicken. Toss chicken to coat and marinate in the fridge while you prep the remaining ingredients. Note: you can marinate the chicken up to 24 hours ahead.
4. Next, chop the broccoli, carrots, mushrooms, and onion. Note for more tender carrot pieces, cut the carrots in to skinny sticks.
5. In bowl that you have the veggies, pour remaining sauce, stirring so all veggies are coated. Pour the veggies onto the lined sheet pan.
6. Bake veggies for 10 minutes stir the veggies, then add chicken and bake for 10 minutes more, add the tomatoes and bake for 5 minutes more. Check the temperature of the chicken when it is at 165 degrees it is done.

Calories: ¼ of recipe is 353 calories; Protein: 29 grams; Carbohydrates: 13 grams