



Recipe of the Week: Cookbook

RECIPE OF THE WEEK

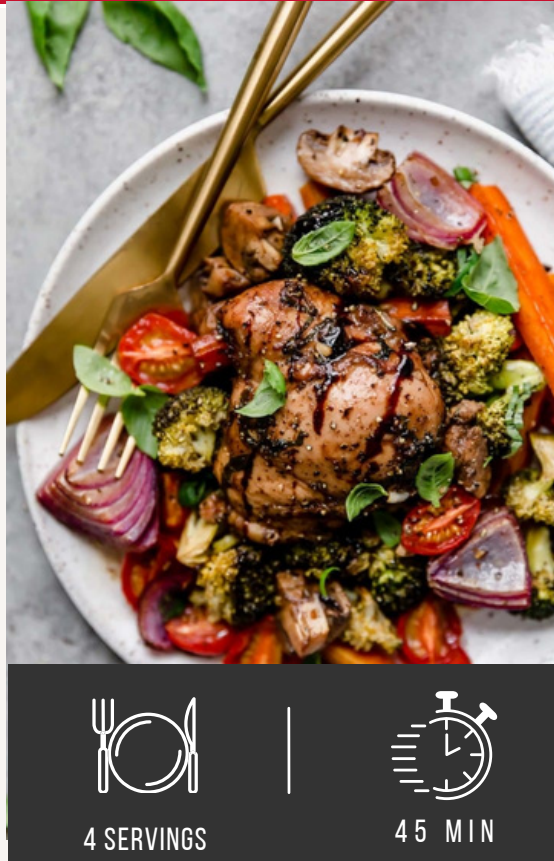
SHEET PAN BALSAMIC CHICKEN & VEGGIE BAKE

INGREDIENTS

- 3 Tbs balsamic vinegar
- 1/2 cup avocado or olive oil
- 4 minced garlic cloves
- 1 tsp brown or dijon mustard
- 3 Tbs fresh basil, finely chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 1/4lbs boneless, skinless chicken breast, tenders or thighs
- 3 heads of broccoli chopped
- 3-4 medium carrots, peeled and cut into skinny sticks
- 2 cups button mushrooms, halved
- 1 small red onion, diced into chunks
- 1 cup cherry or grape tomatoes

DIRECTIONS

1. Preheat the oven to 400F. Line a sheet pan 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 into skinny sticks.
5. Place all veggies, except for the tomatoes, on the prepared sheet pan. Pour the remaining balsamic sauce over the veggies and toss to incorporate, making sure all the pieces are coated. Use your hands to massage the sauce into the broccoli florets.
6. Move the veggies around to make space for the chicken. Place the marinated chicken on pan. Discard any remaining marinade used for chicken.
7. Place the sheet pan in the oven and bake for 10 minutes. After 10 minutes, add the tomatoes to the pan and toss the veggies around so they won't burn. Return the sheet pan to the oven.
8. Bake for an additional 5-10 minutes or until chicken is cooked through. This will depend on the thickness of the chicken. To make sure chicken is done, use a meat thermometer. Once thermometer reaches 165°F when inserted in the thickest part of the chicken, remove the sheet pan from the oven. Serve and Enjoy!



NUTRITION

Serving: 1/4 recipe
Calories: 353 Calories
Fat: 15g
Carbs: 13g
Fiber: 4g
Protein: 29g

This recipe is packed with veggies rich in essential vitamins, fiber, and phytonutrients. The chicken is a great source of high quality lean protein, niacin, selenium and Vitamin b6.

This recipe is also gluten and dairy free!

Recipe from: <https://therealfooddietitians.com/one-pan-balsamic-chicken-veggie-bake/>