

One Pan Italian Chicken & Veggies

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
3. Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
4. Divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With

Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.

Ingredients

- 1 1/4 lbs Chicken Breast (cut into large cubes)
- 2 cups Broccoli (cut into small florets)
- 1/2 cup Red Onion (cut into thick slices)
- 1 cup Cherry Tomatoes
- 2 Zucchini (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)