

Roasted Chicken and Vegetables

Ingredients

1 large chicken breast, chopped
½ whole cherry tomatoes
1 C thawed frozen Brussels sprouts
1 C thawed frozen broccoli

1 C thawed frozen cauliflower
1 T olive or canola oil
Italian seasoning to taste

Makes 2 servings

Prep-time: 5 minutes

1. Pre-heat the oven to 475^o F. Line a sheet pan with parchment paper.
2. Place chopped chicken, tomatoes, Brussels sprouts, broccoli, and cauliflower on the sheet pan.
3. Pour olive or canola oil over your ingredients and sprinkle with Italian seasoning. Mix everything together until there is an even coating of oil and seasoning on all the ingredients.
4. Place in the oven and roast for 14 minutes.



This recipe is:

- A good source of fiber
- A good source of iron
 - Low sodium