

Roasted Chicken and Veggies Sheet Pan Meal

Serves: 4-6

Ingredients:

- 2 medium chicken breasts
- 1 cup bell pepper, chopped
- 1 bunch green onions, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- 1 cup grape tomatoes
- 2 tbsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Italian seasoning
- 1/4 tsp. paprika

Instructions:

- Preheat the oven to 500 degrees.
- Chop all the veggies into large pieces. On another cutting board, chop the chicken into cubes.
- Place the chicken and veggies in a medium roasting dish or sheet pan. Add the olive oil, salt and pepper, Italian seasoning, and paprika. Toss to combine.
- Bake for 15 minutes or until the veggies are charred and chicken is cooked. Enjoy with rice, pasta, or a salad.