



Chicken and Veggies Sheet Pan Meal

4 servings

Foods from the protein foods group provide nutrients that are important for growth, strong muscles and organs, fighting infection and preventing anemia.

- 4 chicken breasts, boneless, skinless, cut into 1-inch
- pieces
- 8 carrots, scrubbed with clean vegetable brush under
- running water, sliced into ¹/₂-inch rounds
- 4 bell peppers, gently rubbed under cold running
- water, sliced into chunks
- 8 stalks celery, scrubbed with clean vegetable brush
- under running water, chopped
- 8 green onions, gently rubbed under cold running
- water, chopped (optional)
- 1/4 cup fresh parsley, gently rubbed under cold running
- water, chopped **OR** 1 teaspoon dried parsley
- 1/4 cup olive oil
- 1/4 teaspoon black pepper
- Salt to taste
- 1 teaspoon Italian seasoning
- 1 teaspoon chili powder



- 1. Wash hands with soap and water.
- 2. Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray.
- 3. Arrange chicken breast pieces on a baking sheet. Wash hands with soap and water after handling uncooked chicken. Spread carrots, bell peppers, celery, and green onion, if desired, around chicken.
- 4. Combine parsley and olive oil. Drizzle olive oil over chicken and vegetables.
- 5. In a small bowl, combine black pepper, salt, Italian seasoning, and chili powder. Sprinkle over chicken and vegetables.
- 6. Bake for about 30 minutes or until chicken pieces are no longer pink in the center, juices run clear, and the internal temperature reaches 165 °F as measured with a food thermometer.
- 7. Store leftovers in a sealed container in the refrigerator for up to four days.

Note: Other combinations of vegetables work well with this recipe too!

Nutrition Information per Serving (1/4 of recipe): Calories 390, Total Fat 17g, Saturated Fat 2.5g, Cholesterol 85mg, Sodium 220mg, Total Carbohydrates 29g, Fiber 9g, Total Sugars 16g, includes 0g Added Sugars, Protein 31g, Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 20%.

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