

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 ½-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)
- ¼ cup fresh parsley, gently rubbed under cold running water, chopped **OR** 1 teaspoon dried parsley
- ¼ cup olive oil
- ¼ 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%.