

# Chicken Sheet Pan Dinner



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

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## INGREDIENTS

- 2, 5 oz boneless skinless chicken breasts, sliced and uncooked
- 2 large carrots, chopped
- 2 cups broccoli, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix together olive oil, garlic, thyme, salt, and pepper.
3. Place chicken breast and vegetables together on an aluminum or glass oven pan.
4. Drizzle olive oil mixture over chicken and vegetables. Then lightly toss to fully coat the chicken and vegetables.
5. Bake at 20-25 minutes, mixing occasionally to prevent the chicken and vegetables from sticking to the pan and to cook evenly.

### NUTRITION INFO

Calories: 414, Carbohydrate: 15, Protein: 39, Fat: 23