

Sliced Chicken with Veggies and Hummus



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15-20 MIN

INGREDIENTS

- 5oz chicken breast, sliced
- 1 tbsp avocado oil
- Salt and pepper to taste
- 2 tbsp hummus
- 1/4 cup chopped broccoli
- 1 handful cherry tomatoes
- 1/4 cup organic baby carrots

DIRECTIONS

1. Preheat oven to 450 degrees.
2. Coat chicken breast in avocado oil, salt, and pepper.
3. Place chicken breast in a glass baking dish and cook in the oven for 15-20 minutes (until internal temperature of chicken shows 165 degrees Fahrenheit using a cooking thermometer).
4. Allow chicken to rest for at least 5-10 minutes.
5. Serve all together, dip vegetables in hummus.

NUTRITION INFO

Calories: 373, Carbohydrate: 11 grams, Protein: 47 grams, Fat: 14 grams