

# One Pan Roasted Chicken and Vegetables

## Ingredients

### Vegetable Seasoning:

- 1/2 teaspoon black pepper
- small pinch of Kosher salt (optional)
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

### Vegetable Mix:

- 1 head of broccoli, cut into small florets or pre-cut
- 1 medium-large sweet potato, chopped or pre-cut (butternut squash can also be used)
- 1 small red onion, sliced
- 2 teaspoons olive oil

### Chicken and Glaze:

- 1.5 to 2 pounds boneless chicken breast
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 2 teaspoons olive oil

## Instructions

- Gather all ingredients and equipment, and pre-heat oven to 425°.
- Prepare a large baking sheet that is lined with aluminum foil or parchment paper.
- To prepare the vegetable seasoning: Combine the first 5 ingredients until well blended.
- Toss the vegetables thoroughly with 2 teaspoons of olive oil and the seasoning mix.
- Remove chicken from package and pat dry. If thinner breasts are desired, slice the chicken breast in half (you can also look for thinly sliced chicken breasts or have your butcher do this).
- In a small bowl, blend together the Dijon mustard, dried thyme, dried rosemary and olive oil
- Spread an even layer of the vegetable mix out on the baking sheet. Leave about 1/3 of the pan open for the chicken.
- Spread the glaze mixture evenly on both sides of the chicken, and place on the baking sheet.
- Roast at 425° for about 20 minutes or until the chicken is cooked to 165°, and the vegetables are browned. If needed, cook for an additional 5-10 minutes or until chicken and vegetables reach the appropriate temperature and desired texture. Remove from oven and serve.

## Notes

- Most vegetables and meat proteins can be used for this style of meal, so feel free to use what you have on hand. This may help reduce need for extra shopping.
- Have your butcher pre-cut meats, if needed, or buy pre-cut meats to save a step at home.

MAKES 6 SERVINGS. CALORIES: 220 | CARBOHYDRATES: 11G | PROTEIN: 28G | FAT: 7G | FIBER: 3G

FROM JORDAN ELLIS, UK DIETITIAN

