



by



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## Sheet Pan Italian Chicken & Veggies *(serves 4)*

### INGREDIENTS

- 1 ½ pounds boneless, skinless chicken breasts (2–3 breasts)
- 2 cups broccoli, cut into bite-sized pieces
- 3 large carrots, cut into bite-sized chunks
- 2 teaspoons Italian seasoning
- 1 ½ teaspoons kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon fresh black pepper
- Olive oil

### INSTRUCTIONS

1. Preheat oven to 400 degrees F. Line a large, rimmed sheet pan with aluminum foil.
2. Slice chicken breasts in half through the center to create two thinner pieces.
3. Arrange chicken in the center of the baking sheet. Drizzle with olive oil and rub into both sides to coat.
4. Arrange vegetables on either side of the chicken. Drizzle with olive oil, tossing gently to coat, then sprinkle evenly with seasonings (Italian, salt, pepper and garlic powder).
5. Bake in the preheated oven for 30 minutes, or until vegetables are tender and chicken is no longer pink.

Recipe adapted from:

<https://www.yellowblissroad.com/italian-chicken-and-vegetables-sheet-pan-dinner/>

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