

BALSAMIC CHICKEN & VEGGIES



A RECIPE BY BRITTANY PRAY

PREP TIME: 10 MIN COOK TIME: 15 MIN TOTAL TIME: 25 MIN
SERVINGS: 8

INGREDIENTS

- Chicken Breast, 2.2lbs
- Carrots - chopped, 255g (3 carrots)
- Zucchini - chopped, 253g (1 zucchini)
- Brussel Sprouts, 311g
- Red Bell Pepper - chopped, 160g (1 medium pepper)
- Balsamic Vinegar, 2 tbsp
- Olive Oil, 1 tbsp
- Worcestershire Sauce, 1 tbsp
- Minced Garlic, 2 tsp
- Italian Seasoning, 2 tsp
- Salt, 1/2 tsp
- Pepper, 1/2 tsp

DIRECTIONS

- Pre-heat your oven to 450.
- Cut your chicken breast up into cubes.
- Chop your carrots, zucchini, brussel sprouts, and red bell pepper
- Mix all of the ingredients together and spread out in an even layer on two baking sheets.
- Bake for 15 minutes, mixing halfway.
- Enjoy!

NUTRITION: Serving size: 204g
Calories: 269 cal, Carbohydrates: 11g, Protein: 40g, Fat: 7g

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