

# Sheet Pan Balsamic Chicken

*great for meal prep & eliminate dishes!*



**Prep**      **Cook**      **Ready In**  
15 minutes    25 minutes    40 minutes

## Ingredients

1 lb. Boneless Skinless Chicken Breast  
¼ C. Balsamic Vinegar  
3 Tbsp Olive Oil  
1.5 Sweet Potatoes  
1.5 C. Fresh Broccoli  
1 Zucchini  
½ Red Onion  
1 C. Cherry Tomatoes  
1 tsp. Salt  
½ tsp. Pepper  
¾ tsp. Garlic Powder  
1 Tbsp. Italian Seasoning

## Directions

1. Preheat the oven to 400 degrees
2. Chop/Cube zucchini, broccoli, sweet potato, & red onion into 1 inch pieces and place in a bowl (save the tomatoes for later)
3. In a separate, smaller bowl, whisk together the olive oil, balsamic vinegar, salt, pepper, garlic powder, and Italian seasoning to make a dressing
4. Toss the vegetables in half of the dressing and spread on a baking sheet (leaving room for the chicken still)
5. Slice the thawed chicken into tenders (1-½ inches wide), place on the baking sheet with the vegetables, and pour the rest of the dressing over the chicken
6. Bake in the oven for 15 minutes
7. Add the tomatoes to the pan and place back into the oven until the chicken is fully cooked through, about 7-10 minutes longer (or add the tomatoes at the end if you want them fresh)
8. Toss everything with a spatula, serve, and Enjoy!



Love this recipe? Want it customized to your goals? Talk to a nutritionist today and schedule a consult for more information on our nutrition programs!

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