

GUASTELLO'S VILLAGE MARKET

Oven Roasted Chicken and Veggies

Serves 4

Ingredients

2 large boneless skinless chicken breasts (about 1/2 pound)
1 red bell pepper
1 green bell pepper
1 yellow bell pepper
½ small red onion
1 medium zucchini
1 cup broccoli florets
½ cup grape tomatoes sliced in half
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon black pepper
2 teaspoons Italian seasoning
2 teaspoons Mrs. Dash Original Blend seasoning

Instructions:

Preheat oven to 475° F. Spray a large baking sheet with cooking spray.

Chop all the veggies into large (around one inch) pieces. On a separate plate or cutting board chop all the chicken in large cubes.

Place the chicken and veggies on the prepared baking sheet. Add the olive oil, salt, pepper, Italian seasoning and Mrs. Dash seasoning. Toss to combine.

Bake for 20 to 25 minutes or until the veggies are charred and chicken is cooked through. Internal chicken temperature should be at least 165 degrees F.

Serve immediately and enjoy!

Credit: lifeinthelofthouse.com