

One Pan Roasted Chicken, Broccoli & Peppers

8 ingredients · 55 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Place the chicken on one side of the baking sheet and drizzle with half of the oil.
3. In a small bowl combine the oregano, garlic powder, onion powder, and salt. Generously season the chicken on both sides with half of the spice blend.
4. Bake the chicken for 10 minutes.
5. Meanwhile, add the broccoli and red pepper to a mixing bowl. Add the remaining oil and spice blend and toss to combine.
6. Remove the chicken from the oven and add the seasoned vegetables to the sheet. Reduce the oven temperature to 350°F (176°C) and continue to cook the chicken and vegetables for 25 to 30 minutes or until the chicken is cooked through and the vegetables are tender. Allow the chicken to rest for at least 10 minutes before slicing. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serve It With

Cooked rice, quinoa, cauliflower rice, roasted sweet potato, or salad.

No Broccoli or Peppers

Use cauliflower, Brussels sprouts, zucchini, or sweet potato instead.

Ingredients

- 10 ozs Chicken Breast (bone-in, skin on)
- 1 tbsp Avocado Oil (divided)
- 3/4 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Sea Salt
- 3 cups Broccoli (cut into small florets)
- 1 Red Bell Pepper (chopped)

Nutrition

Amount per serving

Calories	299	Cholesterol	103mg
Fat	11g	Sodium	407mg
Carbs	14g	Vitamin A	2762IU
Fiber	5g	Vitamin C	198mg
Sugar	5g	Calcium	84mg
Protein	36g	Iron	2mg