

Roasted Paprika Chicken Breast w/ Carrots and Potatoes

Recipe by Alanis C. Stansberry



INGREDIENTS	INSTRUCTIONS
• 3 medium carrots • 1lb Chicken breast • 2 Yellow potatoes • 1/8 tsp Black pepper • ¼ tsp salt • 1/8 tsp Paprika • 2 tbsp extra virgin olive oil <i>Nutrition Facts</i> • Calories: 350kcal • Carbs: 23g • Fat: 12g • Protein: 38g • Sodium: 270mg	1. Preheat oven to 450°F. Wash potatoes and carrots. Large dice the potatoes. Halve carrots lengthwise, then cut crosswise into thirds. Transfer to a sheet pan. 2. Drizzle with 1 tbsp olive oil and season with salt and pepper; toss to coat. 3. Place in the oven and roast while you prepare the chicken, 5-10 minutes. 4. Heat a skillet over medium-high heat. 5. Season chicken with paprika, salt, and pepper. 6. Coat bottom of skillet with 1 tbsp extra virgin olive oil. Add chicken and cook until browned, 1-2 minutes per side. 7. Remove sheet from oven and place chicken in the middle. Return to oven and roast until chicken is cooked through and vegetables are tender, 10-15 minutes. 8. To serve, place chicken and vegetables on a plate.