

# Chicken and Veggie Freezer Packs

## INGREDIENTS:

- 1 lb. chicken breasts or thighs, cut into ½-inch thick slices
- 2 cups of broccoli florets
- 1 large zucchini, cut into slices
- 2 medium bell peppers, cut into ½-inch thick slices
- ½ medium yellow onion, cut into ½-inch thick pieces
- ½ cup of your favorite marinade (or use recipe below)
- 4 quart size or 2 gallon size ziplock bags

## For the Marinade:

¼ cup olive oil

3-4 cloves garlic, minced or crushed

1 T Italian seasoning

½ tsp. Paprika (optional)

1 tsp. Salt

½ tsp. Black pepper

## PROCESS:

- Divide chicken and veggies into 4 quart size or 2 gallon size ziplock bags
- In a small bowl, whisk the olive oil, garlic, Italian seasoning, paprika, salt, and pepper.
- Divide marinade equally into the ziplock bags, seal and shake to fully coat the chicken and veggies.
- Freeze for up to 6 months

## TO COOK:

Heat skillet to medium-high heat and pour 1 bag into skillet and saute for 10-15 minutes or until tender and cooked. Alternatively, preheat oven to 425 degrees. Line a sheet pan with foil and pour chicken and veggies onto foil and roast for 15-20 minutes.

Note: The marinade from Perfectly Grilled Chicken could also be used