

Roasted Chicken and Veggies (One Pan)

INGREDIENTS:

- 2 medium chicken breasts, chopped
- 1 cup bell pepper, chopped (any color you like)
- ½ onion, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- ½ cup tomatoes, chopped or plum/grape
- 2 T olive oil
- ½ tsp. Sea salt
- ½ tsp. Black pepper
- 1 tsp. Italian seasoning
- ¼ tsp paprika (optional)

PROCESS:

- Preheat oven to 500 degrees F
- Chop all veggies into large pieces. On another cutting board cut the chicken into cubes. Place the chicken and veggies in a medium roasting dish or baking pan.
- Drizzle with olive oil, salt, pepper, Italian seasoning, and paprika. Toss to combine.
- Bake for 15-20 minutes or until the veggies are tender and chicken is cooked.

ENJOY!

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