

Terian's Easy Chicken and Roasted Veggie Dinner

Ingredients:

- 1 bag of broccoli
- 1 bag of brussel sprouts (chop)
- 1 bag of carrots
- 2 large, sweet potatoes
- 2 - 4 chicken breasts (or protein of choice)
- Newman's Own olive oil
- Vinegar salad dressing
- Olive oil
- Parchment paper
- Parmesan cheese shredded (optional)
- Seasoning: salt, pepper or favorite seasoning

Directions:

1. Marinate chicken in Newman's Own Olive Oil and vinegar salad dressing for 30 minutes before cooking
2. Preheat oven to 450
3. Prepare veggies (cut/trim) toss with olive oil to coat salt, pepper, and parmesan cheese (optional) or favorite all-purpose season or season of choice
4. Place on parchment paper on baking sheet
5. Bake for 30 minutes
6. While veggies are in the oven, cook chicken breasts in skillet with high heat oil (avocado or coconut)
7. Brown on both sides then toss a cup of chicken bone broth (or veggie broth, etc.) into pan let simmer until done
8. Slice chicken add to plate with veggies
9. Throw some of the residual broth over the chicken
10. Enjoy!