

Greek Chicken Sheet Pan Dinner

Gluten-free · Makes 4 servings

INGREDIENTS

- 1 lb chicken breast
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 head cauliflower
- 1 head broccoli
- ½ cup cherry tomatoes
- 4 garlic cloves **or** 2 Tbsp minced garlic
- 2 Tbsp extra virgin olive oil **or** avocado oil
- 2 Tbsp fresh lemon juice
- 1 Tbsp oregano
- 1 Tbsp rosemary
- ½ tsp pink Himalayan salt
- ½ tsp black pepper
- ¼ cup Kalamata olives
- ¼ cup feta cheese (optional)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Dice the bell peppers and onion. Cut the cauliflower and broccoli into bite-sized pieces.
3. Place the chicken breast and vegetables (bell peppers, onion, cauliflower, broccoli, and cherry tomatoes) onto a large sheet pan.
4. Evenly top them with the oil, lemon juice, garlic, oregano, rosemary, salt, and pepper.
5. Bake for 20 minutes or until the chicken is fully cooked (when the chicken reaches an internal temperature of 165°F, it is ready).
6. Remove from the oven and top with the Kalamata olives and feta cheese (optional).
7. Split into 4 servings and enjoy on its own or serve over brown rice. Enjoy!

From Christaney Townsend, Registered Dietitian

