

# Garlic Herb Chicken with Roasted Vegetables

Recipe of the month: August



This meal is ideal for meal preparation. If you prefer not to use chicken, it can be substituted with chickpeas, tofu, or any other protein of your choice.

## Quick facts

- Prep time: 15 minutes
- Cook time: 25 minutes
- Serving size: 4 servings
- Calories: 400 calories per serving

## Ingredients

- |   |  |
|---|--|
| <input type="checkbox"/> 4 boneless, skinless chicken breasts | <input type="checkbox"/> Salt and pepper to taste  |
| <input type="checkbox"/> 2 tablespoons olive oil              | <input type="checkbox"/> 2 cups broccoli florets   |
| <input type="checkbox"/> 1 teaspoon garlic powder             | <input type="checkbox"/> 2 cups chopped carrots    |
| <input type="checkbox"/> 1 teaspoon dried thyme               | <input type="checkbox"/> 1 red bell pepper, sliced |
|   | <input type="checkbox"/> 1 zucchini, sliced        |

## Instructions

1. Preheat oven to 425°F (220°C).
2. Season chicken with olive oil, garlic powder, thyme, oregano, salt, and pepper.
3. Toss vegetables with a bit of olive oil, salt, and pepper.
4. Arrange chicken and veggies on a baking sheet lined with parchment paper.
5. Roast for 25 minutes or until chicken is cooked through and veggies are tender.
6. Cool and portion into 4 containers for easy grab-and-go meals.

**Bon Appetit!**