

Italian Chicken & Veggies

Serves: 2

INGREDIENTS:

Marinade :

- 1/4 cup olive oil
- 2 tbsp balsamic dressing
- 3 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dried basil

- 2 boneless, skinless chicken breasts
- Baby tomatoes
- 1 lb asparagus



Serving size: 1 chicken breast + lots of veggies! + pinch of sesame seeds on top

1. Mix the marinade in a small dish and set aside.
2. Add the chicken breasts to a big baggie along with 1/2 of the marinade. Let it sit for 30 minutes in the fridge.
3. Chop ends off asparagus and lay them out on a sheet pan surrounded by the tomatoes.
4. When chicken is done marinating, add them to the same sheet pan as your veggies. Bake for 30-35 minutes until the middle of the chicken reaches 165 degrees.