

Meal Prep: Baked Chicken & Veggies

Portions: 4

Nutrition Facts for 1 portion (including just 1 chicken breast and a fourth of the sweet potatoes and veggies.) Calories: 354, Fat: 11g, Protein 30g, Carbohydrate 36g, sodium 461 mg

Ingredients:

- 4 medium breast - Chicken, breast, boneless, skinless, baked
- 1 cup - Sweet potatoes, baked, peel eaten (no salt or fat added)
- 2 tablespoon - Oil, olive
- 1 cup - Onion, fresh, cooked (no salt or fat added)
- 2 cup, diced - Zucchini, fresh, cooked (no salt or fat added)
- 1 cup, chopped or sliced - Tomatoes, grape
- 2 clove - Garlic, cooked
- teaspoon, ground - Pepper, black
- 1 tablespoon - Italian seasoning

Instructions

1. Pre-heat oven to 450F.
2. Place sweet potatoes on baking sheet and cook for 25 minutes
3. Carefully take out the baking dish and add the chicken and veggies to the baking sheet. Sprinkle all the spices and garlic evenly over the chicken, sweet potatoes and veggies. Drizzle with the olive oil.
4. Bake for 15-20 minutes or until the veggies are charred and chicken is tender.
5. Divide chicken, sweet potatoes and veggies evenly into 4 separate containers. Cover and store in the fridge for up to 5 days or freezer up to 2 months.