

Healthy One Dish Chicken Bake

Prep 10 mins

Cook 30 mins

Total 40 mins

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Yield 2

Ingredients

- Allowed Veggies of your choice – allowed veggies – will vary depending on low green vegetables
- Chicken Breast
- Olive Oil
- Dill, parsley, oregano – allowed spices/seasonings
- Salt - optional

Instructions

1. Chop up your veggies and put into a large storage bag
2. Add 2-4 TBSP olive oil
3. Add 1 tsp seasoning mix – dill, parsley, oregano
4. Shake and transfer to a 9x13 baking dish
5. Place 2 chicken breasts (or more) in the middle of the dish
6. Sprinkle with salt
7. Bake at 400 degrees for 30 minutes or until chicken is cooked through