

Sheet Pan Honey Balsamic Chicken and Veggies

Yield: 4 servings (serving size: 1.5 cups)

Ingredients

- 1 lb boneless skinless chicken breasts, cut into 1-inch pieces
- 3 bell peppers (red, orange, yellow), cut into chunks
- 1 medium onion, cut into chunks
- 1 Tbsp fresh basil, chopped
- Salt and pepper, to taste

For the sauce:

- ¼ cup balsamic vinegar
- 2 Tbsp honey
- 1 Tbsp Dijon mustard
- 2 cloves garlic, minced



Preparation

1. Preheat oven to 400 degrees F.
2. To make the sauce: In a small saucepan, heat balsamic vinegar, honey, Dijon mustard and garlic on medium heat and bring to a boil. Turn down heat and allow sauce to simmer, whisking occasionally, until sauce is thick and bubbly. Remove from heat.
3. Spread chicken and chopped veggies on a baking sheet sprayed with some cooking spray and season with salt and pepper. Drizzle half the sauce over the chicken and veggies (reserving the other half for later) and toss to combine. Bake in the oven for about 20 minutes, tossing halfway through, and continue cooking until veggies are tender and chicken is cooked through.
4. Drizzle remaining sauce over top and sprinkle with fresh basil. Enjoy.

Nutritional Information: Amount per serving

- Calories: 208
- Calories from fat: 14%
- Fat: 3.3g
- Saturated fat: 1g
- Protein: 24.3g
- Carbohydrate: 20.1g
- Cholesterol: 2.3mg
- Sugar: 14.3g

*Adapted from
EatYourselfSkinny.com
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