

Recipe

CHICKEN & ROASTED VEGGIE RICE MEDLEY

INGREDIENTS:

1-2 POUNDS CHICKEN BREAST, DICED
2 MEDIUM SWEET POTATOES, CUBED
2 CUPS BROCCOLI FLORETS
2 BELL PEPPERS (RED & YELLOW), CHOPPED

1 TABLESPOON OLIVE OIL
1 TEASPOON GARLIC POWDER
1 TEASPOON PAPRIKA
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER

1/4 CUP FRESH PARSLEY, CHOPPED

2 CUPS WHITE RICE

INSTRUCTIONS:

PREHEAT THE OVEN TO 400°F (200°C).

IN A LARGE BOWL, COMBINE CHICKEN, SWEET POTATOES, OLIVE OIL, GARLIC POWDER, PAPRIKA, SALT, AND PEPPER. MIX WELL. SPREAD THE MIXTURE ON A BAKING SHEET IN A SINGLE LAYER.

BAKE FOR 25-30 MINUTES OR UNTIL THE CHICKEN IS COOKED THROUGH AND SWEET POTATOES ARE TENDER.

IN THE LAST 10-15 MINUTES OF BAKING, ADD THE CHOPPED PEPPERS AND BROCCOLI FLORETS TO THE BAKING SHEET.

ROAST UNTIL TENDER.

REMOVE FROM THE OVEN, GARNISH WITH PARSLEY, AND LET COOL BEFORE PORTIONING.

COOK THE WHITE RICE ACCORDING TO PACKAGE INSTRUCTIONS.

SERVE BAKED CHICKEN, SWEET POTATOES, AND REMAINING VEGETABLES OVER COOKED RICE.

VARIATIONS

ONE OPTION IS TO SWAP OUT THE CHICKEN FOR TURKEY FOR A DIFFERENT PROTEIN SOURCE.

CONSIDER ADDING ZUCCHINI, CARROTS, OR ASPARAGUS FOR A COLORFUL TWIST.

CHANGING THE SPICES CAN MAKE A DIFFERENCE; TRY CUMIN OR CHILI POWDER.

CONSIDER PAIRING WITH QUINOA AS A DIFFERENT SOURCE OF FIBER.

BAKING TIPS

ENSURE THAT THE CHOPPED PIECES ARE EVENLY SPACED AND ARE IN A SINGLE LAYER.

IF YOU NOTICE THAT THE CHICKEN IS BROWNING TOO QUICKLY, COVER IT LOOSELY WITH FOIL TO PREVENT BURNING.

