



One Pan Balsamic Chicken, Carrots & Cauliflower

2 servings

40 minutes

Ingredients

- 3 tbsps Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 tsp Raw Honey
- 1 tbsp Avocado Oil
- 2 Carrot (large, cut on a bias)
- 1/2 head Cauliflower (cut into florets)
- 340 grams Chicken Breast (boneless, skinless)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	358
Fat	12g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	42g
Cholesterol	124mg
Sodium	463mg
Vitamin A	10263IU
Vitamin C	75mg
Calcium	68mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Mix the balsamic vinegar, Italian seasoning, sea salt, honey and oil together.
- 3 Add the carrots, cauliflower, and chicken to a large bowl and toss with the balsamic marinade. Add everything to a cast-iron pan or parchment-covered sheet pan. Cook in the oven for 35 minutes or until the chicken is cooked through.
- 4 Garnish with dill and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is about two cups of vegetables and one cup of chicken.

More Flavor: Add minced shallot and garlic.