



Baked Chicken & Vegetables

Ingredients:

Chicken breast

Your favorite vegetables (mushrooms, zucchini, asparagus, radishes, Brussels sprouts, broccoli and cauliflower work great)

Extra virgin olive oil

Salt

Pepper

Oregano

Basil

Directions:

Preheat oven to 400 degrees.

In a 9 x 13" glass pan, add desired pre-measured 6-8 ounce chicken breast servings (I typically do at least for our 5 for our family).

Cut desired vegetables into bite sized pieces. Measure out two cups for each serving.

Add vegetables to a large bowl and sprinkle the following spices per serving: 1/4 tsp each of salt, pepper, oregano, and basil and 2 tsp of EVOO.

Stir and adjust seasonings to taste.

Pour vegetables over the chicken and place in hot oven.

Cook uncovered for 25 minutes.