



**In your box**

- 2 Garlic Cloves
- 2 Zucchini
- 1 oz. Balsamic Vinegar
- 8 oz. Cauliflower Florets
- 1 Red Onion
- 1 Red Bell Pepper
- 13 oz. Boneless Skinless Chicken Breasts
- 2 tsp. Italian Seasoning Blend

**You will need**

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 2 Mixing Bowls

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	



# One-Pan Balsamic-Herb Chicken

with roasted vegetables

**Skinnytaste Meal**

 Calorie Conscious

 Protein Packed

For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka!** Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.

NUTRITION per serving—Calories: 420, Carbohydrates: 29g, Sugar: 14g, Fiber: 7g, Protein: 44g, Sodium: 1143mg, Fat: 15g, Saturated Fat: 3g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.  
 \*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time	Cook Within	Difficulty Level	Spice Level
<b>35-45 min.</b>	<b>5 days</b>	<b>Easy</b>	<b>Not Spicy</b>

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- If using any fresh produce, thoroughly rinse and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **balsamic vinegar, seasoning blend**



### 1. Marinate the Chicken

- Mince **garlic**.
- Pat **chicken** dry.
- Combine chicken, garlic, half the **balsamic vinegar**, half the **seasoning blend** (reserve remaining of both for vegetables), and 1 tsp. **olive oil** in a mixing bowl. Set aside to marinate, at least 10 minutes.
- While chicken marinates, prepare remaining ingredients.



### 2. Prepare the Ingredients

- Cut any large **cauliflower florets** into 1" pieces.
- Stem, remove seeds and ribs, and cut **red bell pepper** into 1" pieces.
- Trim **zucchini** ends, quarter lengthwise, and cut into 1" pieces.
- Halve and peel **onion**. Cut halves into 1" pieces.



### 3. Season the Vegetables

- In another mixing bowl, combine **cauliflower florets, red bell pepper, zucchini, onion**, remaining **balsamic vinegar**, 1 Tbsp. **olive oil**, remaining **seasoning blend**, ½ tsp. **salt**, and a pinch of **pepper**.



### 4. Roast the Meal

- Transfer **vegetables** to prepared baking sheet and spread into an even layer. Nestle **chicken** amongst vegetables.
- Roast in hot oven until vegetables are tender and chicken reaches a minimum internal temperature of 165 degrees, 20-25 minutes.



### 5. Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!