EASY MEAL PREP: CHICKEN & VEGGIES

Meal prep made easy! You can make this dish and have it in the fridge ready for the week! Sub out the veggies to your liking along with the base --rice, quinoa, cauliflower or all :)

Ingredients:



- 1 pound organic chicken breasts, cubed
- 1 cup broccoli florets. chopped
- 1 small red onion, chopped
- 1 cup grape tomatoes
- 1 medium zucchini, chopped
- 2 cloves garlic, minced
- 1T Italian seasoning
- 1 tsp salt
- 1/2 tsp black pepper, optional
- 1/2 tsp red pepper flakes, optional
- 1/2 tsp paprika
- 2T olive oil
- 2-4 cups cooked rice of choice (optional, can sub cauliflower rice or quinoa)
- 4 meal prep containers

Directions:

Pre-heat oven to 450 degrees. Line a baking sheet with aluminum foil and set aside. Place chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil. Bake for 15-20 minutes or until the veggies are charred and chicken is tender. Place 1/2 or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days or freezer up to 2 months.

NUTRITION PER SERVING:

Serving: 1 container with brown rice | Calories: 524kcal | Carbohydrates: 80g | Protein: 24g | Fat: 11g | Saturated Fat: 1g | Cholesterol: 45mg | Sodium: 685mg | Fiber: 5g | Sugar: 3g