

# Balsamic Chicken Sheet Pan Meal



## Time & Servings

**TOTAL TIME:** 45 min **Prep:** 10 min **Cook:** 35 min **Servings:** 4

## Ingredients

- 1 cup Basic Balsamic Marinade, divided
- 1 lb chicken breast, boneless and skinless
- 1 sweet potato
- 1 red onion
- 3-4 large carrots
- Salt
- Pepper
- Garlic powder

## Directions

1. Marinate chicken for 2 hours with  $\frac{1}{2}$  cup of marinade.
2. Dice sweet potato into 1-inch cubes. Chop red onion in half, and cut each half into quarters. Slice carrots into  $\frac{1}{2}$ -inch thick pieces.
3. Marinate vegetables for  $\frac{1}{2}$  hour with  $\frac{1}{2}$  cup of marinade.
4. Preheat oven to 425°F.
5. Spread vegetables across lined sheet pan. Season with salt, pepper, and garlic powder. Place chicken on top.
6. Bake for 30-35 minutes. Serve a big scoop of vegetables alongside  $\frac{1}{4}$  of the chicken breasts for each person, and enjoy!