

DINNERLY



Low-Carb Sheet Pan Tuscan Chicken with Balsamic Roasted Vegetables



30-40min



2 Servings

We spend so much time with carbs that sometimes we need a little space. Let this low-carb sheet pan recipe be the perfect escape. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 bell pepper
- 1 zucchini
- 1 pkt balsamic vinaigrette
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Tuscan spice blend

WHAT YOU NEED

- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- parchment paper

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 260kcal, Fat 5g, Carbs 23g, Protein 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Line a rimmed baking sheet with parchment paper.

Cut **onion** into 1-inch thick wedges. Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Cut **zucchini** into 1-inch pieces.

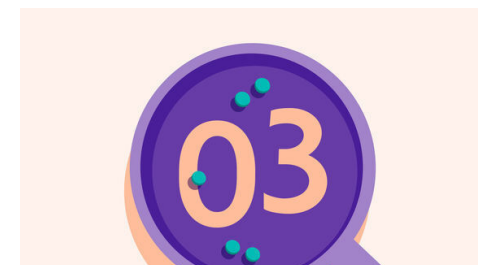
In a large bowl, toss **vegetables** with 2 **tablespoons balsamic vinaigrette**; season with **salt** and **pepper**.



2. Roast vegetables

Transfer **vegetables** to prepared baking sheet in an even layer. Bake on center rack until vegetables are softened, about 15 minutes.

Meanwhile, pat **chicken** dry; season all over with **salt** and **pepper**. In previously used bowl, toss chicken with **remaining balsamic vinaigrette** and **half of the Tuscan spice** (save rest of Tuscan spice for own use).



3. Roast chicken

Once **vegetables** have roasted for 15 minutes, stir veggies and move to edges of baking sheet; add **chicken** to center of sheet. Continue baking on center rack until chicken is cooked through and vegetables are deeply browned in spots, 10–12 minutes.



4. Serve

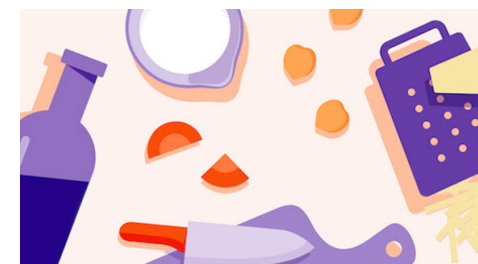
Remove baking sheet from oven and allow to rest for 5 minutes.

Slice **chicken**, if desired. Serve with **roasted vegetables**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!