

## RECIPE

# Roast Chicken & Sweet Potato

*Serves: 2*

**TENDER CHICKEN** roasted alongside caramelized sweet potatoes and crispy broccoli, seasoned with smoky paprika, thyme, and garlic.

**THE SWEET POTATOES PROVIDE LONG-LASTING ENERGY,** the broccoli protects against bone loss, and the chicken keeps you full without weighing you down. A meal that tastes indulgent and leaves you energized?

## INGREDIENTS

- 3 cups broccoli florets**
- 2 medium sweet potatoes, peeled and diced**
- 1 tsp garlic powder**
- 1½ tbsp extra-virgin olive oil, divided**
- Salt and pepper to taste**
- 2 4-oz boneless, skinless chicken breasts**
- ½ tsp smoked paprika**
- ½ tsp dried thyme**



## INSTRUCTIONS

- 1 PREHEAT** oven to 400°F. Toss together broccoli, sweet potatoes, garlic powder, 1 tbsp of the oil, and salt and pepper to taste on a sheet pan.
- 2 ARRANGE** chicken on pan with vegetables and brush with remaining ½ tsp oil. Sprinkle chicken with paprika, thyme, and salt and pepper.
- 3 ROAST** until chicken registers 165°F on a thermometer and vegetables are tender, 20-25 minutes.

## NUTRITIONAL INFO PER SERVING

CALORIES

394

PROTEIN

37g

FIBER

9g