

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 1½ 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