

One Pan Chicken with Vegetables

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Ingredients:

1 yellow squash, sliced
1 1/2 cups broccoli florets
1 cup grape tomatoes, halved
1/4 onion, sliced
1/2 red pepper, sliced
2 cloves garlic, minced
1/3 cup raspberry walnut vinaigrette salad dressing
3 boneless, skinless chicken breasts, sliced into strips
1/4 cup bacon bits
2 TBSP raspberry walnut vinaigrette salad dressing
salt, pepper, garlic powder, paprika
sliced almonds

OPT: Serve over brown rice

Directions:

- *Place the squash, broccoli, tomato, onion and pepper into a bowl with the garlic and 1/3 cup raspberry vinaigrette. Mix well. Cover and refrigerate for 4 hours or up to overnight. Mix now and then.
- *Cover a sheet pan with tin foil. Preheat oven to 375 degrees.
- *Place the chicken strips on one side of the sheet pan. Drizzle with 2 TBSP raspberry vinaigrette, sprinkle with salt, pepper, garlic powder and paprika. Mix with your hands so all of the chicken is coated.
- *Spread the vegetables onto the rest of the pan. Sprinkle with salt, pepper and bacon bits.
- *Bake in the oven for about 30 minutes or until the chicken is fully cooked.
- *Serve over brown rice. Sprinkle with sliced almonds.