

Healthy Recipes



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THING.

One Pan Chicken, Broccoli and Sweet Potato



Nutritional Info

Serving Size: 1 Plate

Calories:	478
Fat:	20g
Carbohydrates:	29g
Sugar:	8g
Sodium:	172mg
Fiber:	7g
Protein:	51g
Cholesterol:	147mg

Method

Prep Time: 10 Minutes

● Total Time: 20 Minutes

Yield: 2 Servings

1. Preheat oven to 410 degrees F and line a large baking sheet with parchment paper. Place chicken breasts on the baking sheet and season with salt and pepper.
2. Dice the sweet potato and toss with half of the olive oil, salt and pepper. Spread on the baking sheet around the chicken. Put pan in the oven and set timer for 15 minutes.
3. Meanwhile, toss the broccoli in remaining olive oil. When the timer goes off, pull the baking sheet out, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and set timer for another 15 minutes or until chicken is cooked through.
4. Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
5. Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Ingredients

- ♥ 4 chicken breasts
- ♥ 2 sweet potatoes
- ♥ 2 tbsp olive oil (divided)
- ♥ 6 cups broccoli (chopped into small florets)
- ♥ ¼ cup tahini
- ♥ 1 tbsp maple syrup
- ♥ ¼ cup water
- ♥ ¼ tsp cayenne pepper
- ♥ Salt & pepper to taste

Helpful Hint *This meal is high in healthy fats and protein that will keep you full for hours. It is great as a meal after the gym or for lunch if you have left overs. Almond butter or peanut butter can be used in place of tahini if you don't have any on hand.*

