

Anti-Oxidant Chicken Dinner



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 8 oz [226 g] Boneless Skinless Chicken Thighs (raw)
- 4 cup, florets [284 g] Broccoli
- 3 beet (2" dia) [246 g] Beets (*Chopped*)
- 2 tbsp [28 g] Olive Oil
- 0.5 tsp [3 g] Sea Salt
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 tsp [1 g] Dill (Dried)
- 0.5 cup [10 g] Broccoli Sprouts

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a small bowl mix together olive oil, salt, garlic powder, and dried dill.
3. Toss broccoli florets and chopped beets with 2/3 of the oil mixture. Spread onto a baking sheet.
4. Coat chicken thighs with remaining olive oil dressing. Place in a single layer on the baking sheet.
5. Bake chicken and vegetables for approximately 25 minutes, until internal temperature of chicken reaches above 165 degrees F (74 degrees C). Enjoy warm!

NUTRITION INFO

Calories : 356.25

Fat : 18.55 g

Carbs : 21.97 g

Protein : 29.13 g

Fiber : 6.95 g