

Parmesan CRUSTED CHICKEN

*With
Broccoli and Carrots*



Serves: 4



Total Time:
37 minutes



Estimated Cost:
\$7 to \$9

INGREDIENTS

- 4 boneless, skinless chicken breasts (or 6 thighs),
- 2 cups broccoli florets,
- 2 large carrots, peeled and sliced into coins,
- 3 tablespoons olive oil, divided,
- 1/3 cup grated Parmesan,
- 1/2 teaspoon garlic powder,
- 1/2 teaspoon Italian seasoning,
- Salt and pepper

INSTRUCTIONS

- 1 Preheat oven to 425°F. Line a sheet pan with foil.
- 2 In a small bowl, mix Parmesan, garlic powder, Italian seasoning, salt, and pepper.
- 3 Brush chicken with 1 tablespoon olive oil. Press the Parmesan mixture onto the top of each piece.
- 4 Toss broccoli and carrots with remaining olive oil, salt, and pepper. Spread around the chicken on the pan.
- 5 Roast for 22 to 25 minutes, until chicken is cooked through and the Parmesan crust is golden.