

ROASTED VEGETABLE AND CHICKEN DINNER

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 4 servings covering your protein and vegetables



INGREDIENTS

- 2 cup zucchini, sliced
- 2 cup asparagus, sliced into bite-sized pieces
- 2 cup butternut squash, chopped into bite-sized pieces
- 1 cup brussels sprouts, sliced in half or quartered
- 1 cup red onion, sliced thinly
- 6 garlic cloves, crushed
- 1 pound chicken breasts
- 1 tbsp avocado or coconut oil

SPICE MIX:

- 1 teaspoon cumin
- 1 teaspoon garlic granules



- 1 teaspoon onion granules
- 1 ½ teaspoon paprika
- ¼ teaspoon ground ginger
- Pinch cayenne pepper
- 4 thyme sprigs
- 1 teaspoon Pink Himalayan salt (more to taste)
- 1 teaspoon pepper (more to taste)

DIRECTIONS

Preheat oven to 400°F. In a bowl combine all chopped veggies and garlic. Add in whole or halved chicken breast. Pour extra virgin olive oil and spices over veggie and chicken mixture and coat evenly. Add thyme sprigs to the mixture.

Place on a parchment lined baking sheet and bake for 25-30 minutes until chicken is fully cooked through. If chicken is done before vegetables, remove chicken and let veggies continue to cook. Add additional salt and pepper as desired.