

One-Pan Mediterranean Roast Chicken

- 3 chicken breasts (free range organic preferred)
- 1 + 1 teaspoon olive oil
- 2 tablespoons Italian seasoning
- 1 teaspoon paprika
- Himalayan sea salt and ground black pepper
- 1 red bell pepper — diced
- 1 small onion — diced
- 5 garlic cloves
- 1/2 cup black olives
- Fresh parsley for garnish — chopped

1. Preheat the oven to 450°F.

2. Line a large baking/sheet pan with parchment paper or aluminum foil.

3. In a medium bowl add the chicken breast, 1 teaspoon olive oil, Italian seasoning, paprika, salt and black pepper.

4. Mix well to evenly coat the chicken.

5. In a large bowl place all the veggies, garlic cloves, add 1 tablespoon of olive oil, salt and black pepper.

6. Mix well to evenly coat.

7. Put all the veggie mixture, the chicken breasts and the black olives on a large sheet pan. Bake for 20-25 minutes.

8. If desired, sprinkle freshly parley over the veggies and chicken.

Serving Size = 3 ounces of chicken with 2 cups of vegetables

