

# Roasted Chicken Breast with Cherry Tomatoes and Broccoli

Makes 1 Servings

## Ingredients

1 Tablespoon extra-virgin olive oil  
1 chicken breast (around 4 oz)  
1 broccoli stalk (or roughly 2 cups chopped florets)  
Handful of cherry tomatoes, halved  
1 green onion, sliced  
¼ teaspoon sea salt  
Freshly ground black pepper



## Directions

1. Preheat the oven to 415°F.
2. On a quarter sheet baking pan, rub olive oil over entire surface. Place chicken breast in the middle. Season with salt and pepper. Add broccoli, cherry tomatoes and green onions.
3. Drizzle or spray veggies with a little more olive oil, then season with salt and pepper.
4. Place in the middle of the oven for 10 minutes.
5. Flip the chicken and cook 10 minutes more, or until chicken breast is done (165 degrees).
6. Enjoy!

**Nutrition Information per Serving:** 350 calories, 17g fat, 2.5g saturated, 85mg cholesterol, 730mg sodium, 18g carbohydrates, 6g fiber, 31g protein