

Clean & Lean Roasted Chicken with Broccoli



Prep Time: 10 minutes

Cook Time: 20-30 minutes

Total Time: 40 minutes

Servings: 2

Directions:

- Preheat oven to 375° F.
- Toss broccoli with salt, pepper and lightly coat with olive oil spray
- Spread in single layer on a rimmed baking sheet.
- Roast for 15-20 minutes or until tender and golden brown
- In large bowl, combine chicken slices, lightly spray with oil, salt and pepper; toss to combine.
- Using a spatula, push broccoli to one side of pan and arrange chicken in single layer on other side.
- Roast for 10 minutes or until chicken is fully cooked and no longer pink.
- Remove from oven; transfer mixture to a serving bowl; toss to combine.
- Add olives, parsley, lemon juice, lemon zest and top with almonds.
- Serve warm.

Ingredients:

- (2 cups) Broccoli, cut into florets
- Salt & pepper (to taste)
- (2 cups) Button mushrooms
- (1 tbsp.) Olive oil – less is best, or use Olive oil spray for better fat control
- (8 oz.) Boneless, skinless chicken breast, thinly sliced for faster cooking
- (1/8 cup) Black olives – optional
- (1 tbsp.) Fresh parsley – optional
- Juice on one (1) lemon
- Lemon zest – for garnish
- (1 tbsp.) Raw blanched almonds – optional for garnish

Can be served with clear broth soup and on a bed of shredded lettuce. Delicious and good for your weight loss!

