

# Sheet Pan Balsamic-Herb Chicken & Veggies

## Ingredients

### Chicken:

16 ounces boneless, skinless chicken breasts, halved

1 tablespoon balsamic vinegar

½ tablespoon extra-virgin olive oil

2 cloves garlic, minced

2 teaspoons basil, chopped

1 teaspoon parsley, chopped

¾ teaspoon kosher salt

### Balsamic Veggies:

1 large red bell pepper, cored and cut into 1-inch pieces

1 medium zucchini, quartered lengthwise and cut into 1-inch cubes

1 cup asparagus, cut into 1-inch pieces

1 medium red onion, cut into 1-inch pieces, layers separated

1 cup cauliflower florets

2 tablespoons balsamic vinegar

1½ tablespoons extra-virgin olive oil

1 teaspoon kosher salt

freshly ground black pepper

2 teaspoons basil, chopped

1 teaspoon chopped parsley, chopped

## Directions

Preheat the oven to 450 degrees.

Line a large sheet pan with parchment paper.

Season chicken with 1 tablespoon balsamic, ½ tablespoon olive oil, garlic, 2 teaspoons chopped basil, 1 teaspoon chopped parsley and ¾ teaspoon salt.

Allow chicken to marinate while you prep the vegetables, the longer the better.

In a large bowl toss the vegetables with 2 tablespoons balsamic, 1½ tablespoons olive oil, ¾ teaspoon salt, black pepper, 2 teaspoons chopped basil and 1 teaspoon chopped parsley.

Spread veggies onto the sheet pan.

Nestle the chicken in with the vegetables and roast about 20 minutes until the chicken is cooked through.

Serve immediately. Enjoy!



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