

Baked Chicken Breasts and Vegetables

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This baked chicken and vegetable dish is delicious I got in from work one night and wanted something a little lighter I used frozen chicken breasts and fresh veggies I added the spices at random and it turned out really good I thought There were no complaints from the others either

Ingredients

- - 4 skinless
- boneless chicken breast halves - 8 carrots
- sliced into 1/2-inch rounds - 8 stalks celery
- chopped - 8 green onions
- chopped - 4 green bell peppers
- sliced - 1/4 cup chopped fresh flat-leaf parsley - 1/2 cup olive oil - 1 teaspoon Italian seasoning - 1 teaspoon chili powder - 1 teaspoon lemon pepper - 1 teaspoon salt - 4 pinches freshly ground black pepper
- or to taste

Instructions

1. Gather the ingredients. Preheat the oven to 375 degrees F (190 degrees C). Arrange chicken breasts on a baking sheet; spread carrots
2. celery
3. green onion
4. bell pepper
5. and parsley around chicken. Drizzle olive oil over chicken and vegetables; season with Italian seasoning
6. chili powder
7. lemon pepper
8. salt
9. and black pepper. Bake in the preheated oven until chicken is no longer pink in the center and juices run clear
10. about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). William Hooper