



Sheet Pan Chicken with Garden Vegetables

Ingredients

2 chicken breasts
1/4 white onion
1 large tomato
2 green peppers
2 Tbsp. olive oil
1 tsp. each of the following-- salt, pepper, cumin, paprika, chili powder, minced garlic
2 cups Minute Rice
1/2 cup shredded sharp cheddar cheese

Directions

1. Line your sheet pan with aluminum foil.
2. Slice chicken breasts in half to create four equal sized servings. Place on baking sheet.
3. Slice onion, peppers and tomato. Spread the veggies evenly over the chicken breasts.
4. Sprinkle the spices evenly over the chicken breasts. Add the onion, pepper, and tomato slices.
5. Drizzle 2 tbsp. extra virgin olive oil on top.
6. Bake at 400 degrees for 20 minutes or so.
7. When the chicken & veggies have 10 minutes to go, follow the package directions for the rice. When the rice is finished, add 1/2 cup of shredded cheese and mix until melted. Add salt and pepper if desired.
8. Serve chicken & veggies on top of rice.
9. Enjoy!