One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings

Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.

2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.

3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.

4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.

5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.

6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.

7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP
Use zucchini instead of cauliflower.

Ingredients

2	Carrot (medium)
1/2 head	Cauliflower
3 tbsps	Extra Virgin Olive Oil (divided three ways)
8 ozs	Chicken Breast
1 tsp	Dried Thyme
1 tsp	Turmeric (powder)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	418	Cholesterol	117mg
Fat	24g	Sodium	146mg
Carbs	14g	Vitamin A	10246IU
Fiber	5g	Vitamin C	75mg
Sugar	6g	Calcium	70mg
Protein	38g	Iron	3mg

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