

Roasted Chicken and Vegetable Meal Prep



Recipe developed by Chef Spencer Musselman

Ingredients

Directions

Roasted Chicken Breast:

- 2 lbs boneless & skinless chicken breasts(4-5 breasts)
- 1 tablespoon veg oil or pan spray
- 1/2 teaspoon paprika or chile powder (optional)
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Roasted Chicken Breast:

- 1.Preheat your oven to 425 F
- 2.Line a cookie sheet or 1/2 pan with foil
- 3.Mix oil and paprika, garlic, salt and pepper in a small bowl and make a paste OR spray your chicken with pan spray and apply dry mixed spice rub
- 4.On the pan rub chicken with spice mixture.
- 5.Bake for 25 minutes for thinner chicken and 35 minutes for thicker.
- 6.Let chicken rest for 10 minutes before serving or slicing.

Go-to Roasted Vegetables:

- Any kind of root vegetables you like:
 - carrots, parsnips, turnips, onions, garlic, yams, celery root, beets, etc
- 3 tablespoons olive oil
- Salt and pepper to taste

Go-to Roasted Vegetables:

- 1.Cube your root veggies in about 3/4" cubes or wedges. It is key to make everything the same size or thickness.
- 2.Preheat your oven to 425°
- 3.Toss vegetables in a bowl with a few tablespoons of oil and salt and pepper
- 4.Put vegetables on a lined sheet tray or cookie sheet and cook for 12-15 minutes, then stir or flip
- 5.Stir vegetables every 8 minutes after until golden brown - about 24-32 minutes