



Parmesan Crusted Chicken and Roasted Carrots

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

10g total fat

488mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 cup panko bread crumbs
- 1/4 cup parmesan cheese
- Crusted Chicken Spice Blend (1 tsp paprika and 1 tsp garlic powder)
- Cooking spray**
- Aluminum foil**
- Salt & Black Pepper**
- 1 cup plain Greek yogurt
- 2 large egg whites, beaten
- 1 TB mustard
- 1.5 lbs. chicken breast
- 1 TB olive oil**
- 1 lb. baby carrots
- 1 TB honey
- 1 TB parsley, chopped
- Crushed red pepper flakes, use amount based on desired spice level

DIRECTIONS:

1. Preheat oven to 400°. Line two baking pans with aluminum foil and lightly coat with **non-stick cooking spray** or grease 2 baking dishes.
2. In a shallow bowl, combine **1 cup panko, 1/4 cup parmesan, crusted chicken spice blend**, and **1/2 tsp black pepper**, stir to combine. In a separate shallow bowl, combine **1 cup Greek yogurt, 2 egg whites**, and **1 TB Dijon mustard** whisk to combine
3. Pat **chicken breast** dry with paper towel. Dip chicken into **yogurt mixture** to coat, letting some excess drip off; coat both sides of chicken in **breadcrumb mixture**, patting to adhere.
4. Arrange coated **chicken** in a single layer on one prepared baking pan; lightly spray tops of chicken **cooking spray**. Bake until cooked through, about 30-40 minutes.
5. In a bowl, combine **baby carrots, 1 TB olive oil, 1 TB honey** and a **pinch of salt & black pepper**. Toss to combine and place carrots on the other prepared baking pan. Place on second shelf in oven and roast until tender when pierced with a fork. Top roasted carrots with **chopped parsley** and sprinkle with **red pepper flakes**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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