



Honey Balsamic Sheet Pan Chicken

Prep Time: 40 min

Cook Time: 1 hr & 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

643 Calories

16.77 g total fat

460 mg sodium



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

- 1/4 cup balsamic vinegar
- 6 TB honey
- 3 TB olive oil, divided**
- 2 cloves garlic, minced
- Honey Balsamic Chicken Spice Blend (1 tsp dried thyme & 1/2 tsp dried rosemary)
- 1/4 tsp kosher salt & 1/4 tsp black pepper**
- 1/4 tsp red pepper flakes
- 1.5 lbs. chicken breasts
- 1.5 lbs. red potatoes, cut into 1.5 inch wedges/cubes (**wash before cutting**)
- 1 pint cherry tomatoes (**wash before using**)
- 1 lb. green beans (**wash and trim before using**)

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. In a medium bowl, combine the **balsamic vinegar, honey, 1TB olive oil, 2 cloves minced garlic, Spice Blend, 1/4 tsp red pepper flakes, 1/4 tsp salt and 1/4 tsp pepper**. Mix to combine.
3. Place **chicken breasts** in a Ziploc bag and pour the marinade over. Seal and toss the chicken to evenly coat. Marinate in the refrigerator for at least 30 minutes.
4. While the chicken marinates, prepare the **potatoes, tomatoes, and green beans** as listed in the ingredients.
5. On a large sheet pan, combine the **quartered potatoes, tomatoes, trimmed green beans** and drizzle with **2 TB olive oil and 1/4 salt & 1/4 tsp black pepper**. Toss to combine.
6. Remove the marinated **chicken breasts** from the plastic bag. Place the marinated chicken evenly spaced, nestled in the vegetables. Bake for 45 minutes or until the internal temperature of the chicken reaches 165 degrees.

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.

Proudly Sponsored by:

