

One Pan Balsamic Chicken And Veggies

This One Pan Balsamic Chicken and Veggies is a delicious and simple meal that combines tender, juicy chicken with a colorful medley of roasted vegetables all tossed in a tangy-sweet balsamic glaze. The key to this dish is the balance of flavors from the balsamic vinegar, honey, and a blend of herbs that infuse the chicken and vegetables. The best part is that it all comes together in one pan, making cleanup a breeze. It's a perfect weeknight dinner when you want something hearty, healthy, and full of flavor with minimal effort. Serve it with a side of rice or quinoa, or enjoy it as is for a low-carb option.

Ingredients

- 4 boneless, skinless chicken breasts
- 2 cups baby carrots, halved lengthwise
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, cut into wedges
- 1 cup cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/3 cup balsamic vinegar
- 2 tablespoons honey
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon dried basil
- Salt and pepper, to taste

Instructions

1. **Preheat the oven** to 400°F (200°C). Line a large baking sheet with parchment paper or lightly grease it.
2. **Prepare the balsamic marinade** by whisking together the balsamic vinegar, honey, minced garlic, and 2 tablespoons of olive oil in a small bowl. Season with salt, pepper, oregano, thyme, and basil.
3. **Arrange the chicken breasts** on one side of the baking sheet. Brush or pour half of the balsamic mixture over the chicken, ensuring each piece is evenly coated.
4. **In a large bowl**, combine the carrots, broccoli, red and yellow peppers, and red onion. Drizzle the remaining tablespoon of olive oil over the vegetables and season with a little salt and pepper. Toss to coat.
5. **Arrange the vegetables** in a single layer on the other side of the baking sheet around the chicken. Pour the remaining balsamic mixture over the vegetables and toss lightly to coat.
6. **Bake in the preheated oven** for 20 minutes. After 20 minutes, add the halved cherry tomatoes to the pan and continue baking for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the vegetables are tender.
7. **Remove from the oven** and let rest for a few minutes before serving.

Enjoy this vibrant and tasty dish with your favorite sides or a simple green salad for a well-rounded meal!