

ONE-PAN HONEY GARLIC CHICKEN AND VEGETABLES

Preparation: **10** mins. | Cooking: **35** mins. | Servings: **4**

INGREDIENTS

4 boneless, skinless chicken breasts
3 garlic cloves, minced
24 oz. (5 cups) broccoli florets
16 oz. baby red potatoes, halved
3 tbsp. olive oil, divided
2 tbsp. unsalted butter, melted
2 tbsp. honey
2 tbsp. brown sugar
2 tbsp. chopped fresh parsley leaves
1 tbsp. Dijon mustard
1/2 tsp. dried oregano
1/2 tsp. dried basil
Kosher salt and freshly ground black pepper, to taste



INSTRUCTIONS

Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together 2 tablespoons olive oil, butter, honey, brown sugar, Dijon, garlic, oregano and basil; season with salt and pepper, to taste. Set aside. Place potatoes in a single layer on the prepared baking sheet. Drizzle with remaining 1 tablespoon olive oil, and season with salt and pepper, to taste. Add chicken in a single layer, and brush each chicken breast with honey mixture. Place into oven, and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees Fahrenheit, about 25-30 minutes.* Stir in broccoli during the last 10 minutes of cooking time. Then, broil for 2-3 minutes or until caramelized and slightly charred. Serve immediately, garnishing with parsley, if desired.

**Cooking time will vary depending on the size and thickness of the potatoes.*