

Sheet Pan Parmesan Crusted Chicken and Broccoli

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-sheet-pan-dinner-recipes>

Ingredients:

- 2 cups broccoli florets
- 2 tablespoons olive oil
- 1 pound chicken tenders seasoned with kosher salt and fresh ground black pepper
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon dried basil crushed between the palms of your hands
- 1/2 teaspoon dried oregano crushed between the palms of your hands
- 1/2 teaspoon dried parsley crushed between the palms of your hands
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon granulated onion
- black pepper Fresh, to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 135 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 4 grams
8. Sodium: 340 milligrams
9. Sugar: 1 grams

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