

# Meal Prep – Healthy Roasted Chicken and Veggies

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-recipe-meal-prep>

## Ingredients:

- 2 chicken breasts boneless skinless medium, cut into 1/2 inch pieces
- 1 cup broccoli florets frozen or fresh
- 1 red onion small, chopped
- 1 cup grape tomatoes
- 1 medium zucchini chopped
- 2 cloves garlic minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper optional
- 1/2 teaspoon red pepper flakes optional
- 1/2 teaspoon paprika
- 2 tablespoons olive oil
- 4 cups cooked rice choice optional
- 4 meal prep containers

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 720 milligrams
9. Sugar: 4 grams

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