

Sheet Pan Italian Chicken

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 32 ounces boneless, skinless chicken breasts
- 1 teaspoon kosher salt divided
- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons Italian seasoning
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon black pepper
- 1 pint cherry tomatoes left whole
- 1 medium zucchini or yellow summer squash
- 2 cups green beans about 6 ounces
- 1/3 cup grated Parmesan cheese freshly
- 3 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 150 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 53 grams
7. SaturatedFat: 6 grams
8. Sodium: 1010 milligrams
9. Sugar: 8 grams

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