

One Dish Chicken & Veggie

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-zucchini-sausage-italian-dressing-recipe>

Ingredients:

- 4 boneless skinless chicken breasts
- 1 red onion sliced
- 1 green pepper sliced
- 1 zucchini sliced
- 1 squash sliced
- 1 bunch broccoli
- 1 carrot sliced
- 2 tablespoons olive oil
- 1 packet italian salad dressing mix
- 1 teaspoon lemon pepper seasoning
- salt
- pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 125 milligrams
4. Fat: 13 grams
5. Fiber: 8 grams
6. Protein: 48 grams
7. SaturatedFat: 3 grams
8. Sodium: 490 milligrams
9. Sugar: 8 grams

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