



Sheet Pan Rosemary Balsamic Chicken and Vegetables

4 servings

1 4-ounce chicken breast plus 1½ cups potatoes and broccoli per serving

INGREDIENTS

- ¼ cup soybean oil margarine spread
- 2 teaspoons Dijon mustard
- 2 teaspoons minced fresh rosemary leaves
- 1 medium garlic clove
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 2 tablespoons balsamic vinegar
- 4 boneless, skinless chicken breasts (about 4 ounces each)
- 12 ounces baby red potatoes, cut in bite size pieces, about 2 heaping cups
- 1 small red onion, sliced (optional)
- 12 ounces broccoli florets (about 4 cups)

NUTRITION ANALYSIS (PER SERVING)

Calories	190
Total Fat	7.0 g
Saturated Fat.....	2.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	1.5 g
Cholesterol.....	20 mg
Sodium	350 mg
Carbohydrates.....	20 g
Fiber	4 g
Sugars.....	4 g
Protein	11 g

Dietary Exchanges: 1 starch, 1 vegetable, 3 lean meat

DIRECTIONS

1. Preheat oven to 425°. Line a large baking sheet with shallow sides with aluminum foil.
2. In a small bowl, stir together the margarine spread, mustard, rosemary, garlic, salt and pepper. Gradually whisk in the balsamic vinegar until blended.
3. Spread 2 tablespoons of mixture over chicken. Toss potatoes and onion if desired with 2 tablespoons of mixture until evenly coated. Toss the broccoli with remaining 2 tablespoons mixture until evenly coated.
4. Place the chicken, potatoes and broccoli on the baking sheet. Cook 25 minutes, or until chicken is cooked through and vegetables are tender.
5. Transfer the chicken, potatoes and broccoli to a serving platter. Drizzle with any pan juices.

This recipe from I Can't Believe It's Not Butter is an American Heart Association Heart-Check Certified recipe.

