

Baked Chicken, Carrots & Tomatoes With Yogurt Sauce

Serves 4

Ingredients

1½ pounds chicken breast, cut in bite-sized chunks
3 cups carrots, peeled, sliced
1½ cups red onion, diced
1½ cups cherry or grape tomatoes, halved
4 tablespoons olive oil
1 tablespoon garlic, minced
½ teaspoon salt
½ teaspoon black pepper
Greek Yogurt sauce, see recipe

Directions

Preheat oven to 400 degrees. Line a sheet pan with foil or parchment paper.

Mix all ingredients and spread on sheet pan.

Bake for 15-18 minutes, or until chicken is cooked through.
Top with yogurt sauce and serve.



Greek Yogurt Sauce

Makes 2 cups

Ingredients

1½ cups plain Greek or regular yogurt
½ cup cucumber, finely diced
1 teaspoon garlic, minced
1 teaspoon fresh lemon juice
¼ teaspoon dried mint
Kosher salt or sea salt, to taste
Ground black pepper, to taste

Directions

Combine all ingredients. Adjust salt and pepper to taste.

Refrigerate at least one hour.

Just before serving, stir to evenly redistribute ingredients.

To make this recipe dairy-free: Omit the yogurt.

Nutrition Facts

Baked Chicken with Yogurt Sauce
Servings 4

Amount per serving		
Calories		426
		% Daily Value
Total Fat	17g	26%
	Saturated Fat 3g	15%
	Trans Fat 0g	
Cholesterol	92mg	31%
Sodium	462mg	19%
Potassium	332g	9%
Total Carbohydrate	22g	7%
	Dietary fiber 5g	18%
	Sugars 11g	
Protein	45g	90%
	Vitamin A	25%
	Vitamin C	18%
	Calcium	33%
	Iron	8%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.