
STUNNING STEW

Ingredients are roasted separately and then assembled at the last minute.

Directions:

Season chicken breasts and roast for 25 minutes at 400 degrees F.

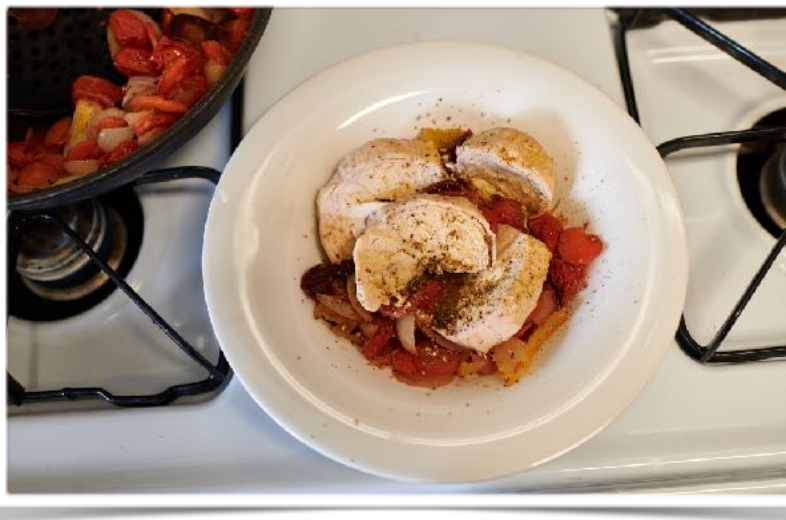
Place the vegetables in a nonstick pan with seasonings and spray with oil. Roast at 400 degrees for 20 minutes.

When the vegetables are almost done, add the chicken broth. Place the vegetables back in the oven until ready to serve.

Slice the roasted chicken in strips and serve over cooked veggies in a bowl. Spoon broth over the top.

Nutrition Information:

Serves 4. Each 2 cup serving contains 272 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 85 mg cholesterol, 163 mg sodium, 24 g carbohydrate, 5 g fiber, 15 g sugars, and 37 g protein.



Roasted Chicken Stew

- ❖ Vegetable oil spray
- ❖ 1 cup thinly sliced carrots (about 2)
- ❖ 1 thinly sliced onion (about 1 cup)
- ❖ 1 cup cherry or grape tomatoes
- ❖ 2 chicken breasts seasoned with salt, pepper, garlic powder, Italian seasoning
- ❖ 1 cup low-sodium chicken broth

Chef's Tip:

This stew's ingredients roast separately and then get assembled together at the last minute. For best results, allow the roasted chicken breasts to sit for a few minutes before carving. **You can serve baked potatoes, pasta, or garlic toast on the side. The roasted vegetables also make a great side dish.**