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Skinny Mom's Balsamic Roasted Chicken and Vegetables

Ingredients:

Boneless, skinless chicken breasts, 4 (4 oz. each)
Small sweet potatoes, peeled and cubed in 1-inch pieces, 2
Parsnip, peeled and cubed in 1-inch pieces, 1 large
Onion, quartered, 1
Extra-virgin olive oil, 1 tbsp
Fresh rosemary, chopped, 1 tbsp
Salt, 1/2 tsp
Black pepper to taste

Marinade:

Balsamic vinegar, 1/4 cup
Sugar-free maple syrup, 1/4 cup
Brown sugar, 1 tbsp

Directions:

1. In a small mixing bowl, whisk together the marinade ingredients. Pour the marinade into a large resealable bag with the chicken. Refrigerate for at least 30 minutes (and up to overnight).
2. Preheat the oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray, or use a silicone baking mat with no cooking spray. Set aside.
3. In a large mixing bowl, add the vegetables, oil, and rosemary, and toss to evenly coat.
4. Arrange the vegetables in a single layer on the prepared baking sheet, and season with 1/4 teaspoon salt and black pepper. Cook for 30 minutes until they begin to brown and soften.
5. After 30 minutes, turn the vegetables with a spatula, and place the chicken in the center of the sheet. Discard the remaining marinade. Season the chicken with the remaining 1/4 teaspoon salt and black pepper.
6. Cook for an additional 28-30 minutes, or until the vegetables are fork tender and the chicken has reached an internal temperature of 165 degrees F.