

Chicken Sheet Pan Stir Fry

Prep Time 15 mins
 Total Time 45 mins
 Meal Type Lunch, Dinner
 Contributed By



Source Living Plate

Servings 2



Ingredients

lb,c g,ml

- 1 bell pepper, red, *chopped*
- 1 bell pepper, orange, *chopped*
- 2 large carrots, *sliced*
- 2 scallions
- 1 cups broccoli, *chopped*
- 12 oz chicken breast, *chopped* (about 2-3 chicken breasts)
- 2 Tbs tamari Or low-sodium soy sauce
- 1 tsp garlic, *minced*
- 2 tsp maple syrup
- 2 tsp ginger, *grated*
- 2 tsp olive oil

Directions

Prep

1. Preheat oven to 375°.
2. Chop peppers, carrots, green onions, broccoli, and chicken.
3. Mince garlic and ginger.
4. In a small bowl, mix together tamari, garlic, maple syrup, and ginger.

Make

1. On a lined sheet pan, cook chicken for about 15 minutes.
2. After chicken has cooked a little, then add in the veggies and sauce mixture to the same pan as the chicken.
3. Pour sauce mixture over all veggies and chicken.
4. Bake for 20 minutes or until chicken is cooked through with internal temperature of 165°F.

Notes

Incorporate other vegetables like cauliflower, green beans, or onions too.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 8.0g		12%	Total Carbohydrates 33g
Saturated Fat 1.4g		6%	Dietary Fiber 5g	20%
Trans Fat 0.0g			Total Sugars 19g	
Cholesterol 97mg		32%	Protein 43g	
Sodium 1158mg		50%		
Vitamin D 0mcg 0% · Calcium 116mg 11% · Iron 4mg 19% · Potassium 1157mg 24%				

* The percent 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.

- Show all nutrients -