

Dinner – Whole 30

CHICKEN, ROASTED VEGGIES, AND POTATOES and Zucchini with Almonds

\$4.42/SERVING EST



Ingredients and groceries scaled from original 1 serving

1 $\frac{3}{4}$ lb. chicken breast

28 baby potatoes halved

10 $\frac{1}{2}$ cups green beans trimmed

3 $\frac{1}{2}$ cups cherry tomatoes

$\frac{1}{2}$ cup olive oil, divided

7 dashes salt

7 dashes pepper

Prep: 10 mins

Cook: 35 mins

Chicken

1. If you have a grill: prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season

with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.

2. If using an oven: preheat to 350°. Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

Roasted Veggies

1. Preheat oven to 425°.

2. Combine olive oil, salt, black pepper, potatoes, green beans, and tomatoes on a baking sheet coated with cooking spray; toss to coat. Bake at 425° on bottom rack for 25 minutes, stirring once.

3. Serve

ZUCCHINI WITH ALMONDS

\$0.94/SERVING EST

Ingredients and groceries scaled from original 1 servings

3 ½ tablespoons olive oil

7 zucchinis thinly sliced

14 tablespoons almonds chopped