



DINNER TONIGHT: BUDGET FRIENDLY

One Pan Pesto Chicken
with Veggies



FUN

One person closes their
eyes. The others challenge
them to remember details
in the room.



CONVERSATION

If you could learn
anything in the world,
what would you want to
learn about?





One Pan Pesto Chicken with Veggies

INGREDIENTS

Serves 4

- 1 lb. chicken breasts - boneless and skinless
- 2 med. sweet potatoes - peeled and chopped
- 12 oz. brussel sprouts - ends chopped off, sliced
- 1/4 c. basil pesto
- 2 tsp. garlic powder
- 2 tbsp. olive oil
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Place peeled and chopped sweet potatoes and sliced brussels sprouts on opposite sides of a large baking sheet.
3. Pour 1 Tbsp olive oil and 1 tsp garlic powder over each set of veggies. Season with salt and pepper if using. Toss to coat evenly.
4. Place chicken in the center of your baking sheet, and coat both sides with basil pesto.
5. Place sheet in the oven and cook for 30-40 minutes, or until the juice of the thickest chicken breast runs clear.

This recipe appears courtesy of SNAP4CT and their “Fan Favorites” recipe collection.

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