



## Everything Bagel Chicken



1/2 of recipe: 266 calories, 7.5g total fat (1g sat. fat), 539mg sodium, 13.5g carbs, 3g fiber, 7g sugars, 27.5g protein

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**Prep:** 5 minutes    **Cook:** 20 minutes



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### Ingredients

8 oz. raw boneless skinless chicken breast, cut into strips  
2 cups sliced onion  
2 tsp. olive oil  
1 tbsp. [everything bagel seasoning](#)  
1 cup cherry tomatoes, halved

### Directions

Preheat oven to 375°F. Spray a baking sheet with nonstick spray.

Place chicken and onion on the baking sheet. Top with oil and seasoning. Gently toss to mix. Bake for 10 minutes.

Flip chicken and onion. Add tomatoes to the baking sheet. Bake until chicken is fully cooked and veggies are tender, about 10 minutes.

**MAKES 2 SERVINGS**

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