



Sheet-Pan Balsamic Chicken



1/2 of recipe (1 chicken breast with about 1 cup veggies): 242 calories, 7g total fat (1g sat. fat), 628mg sodium, 15.5g carbs, 5g fiber, 11g sugars, 28g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 20 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

Two 4-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. salt
1/8 tsp. black pepper
2 cups chopped eggplant
1 cup chopped red bell pepper
1 cup chopped zucchini
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 cup light balsamic vinaigrette
Optional topping: fresh basil

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray or line with parchment paper.

Place chicken on the baking sheet, and season with salt and black pepper. Add eggplant, bell pepper, and zucchini. Sprinkle with garlic powder and onion powder, and drizzle with dressing.

Bake for 10 minutes. Flip chicken and rearrange veggies. Bake until chicken is cooked through and veggies have softened and lightly browned, about 10 more minutes.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.