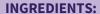


## THINGS TO KEEP IN MIND

Use a meat thermometer with an alarm to go off when the center of the chicken reaches 165 °F. This is a trick to get optimally juicy chicken that is completely cooked and food safe!

Overcooking leads to dry chicken.



- 1 cookie sheet lined with parchment paper (easy cleanup)
- 3 chicken breasts (leftovers for a few days)
- Dash<sup>™</sup> seasoning (salt-free flavor)
- 2 heads of broccoli (washed and cut into small pieces)
- 2-3 tbsp of olive oil (keeps things moist)



## **Easy one-sheet chicken**

## **Directions**

- 1. Preheat the oven to 400 °F.
- 2. Arrange chicken and broccoli on the cookie sheet.
- 3. Sprinkle Dash over the chicken and drizzle olive oil over the broccoli.
- 4. Roast in the oven about 25 minutes until fully cooked.