

#### 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.

#### INGREDIENTS:

- 1 cookie sheet lined with parchment paper (easy cleanup)
- 3 chicken breasts (leftovers for a few days)
- Dash™ 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.