

Jerk Chicken & Roasted Veggies

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each
36 oz Brussels Sprouts, thawed
1 Purple Onion, chopped
1/2 C Grated Parmesan
1/4 C Bread Crumbs
1 oz pack Jerk Seasoning
4 Tbsp Butter, melted
2 Tbsp White Vinegar
1 Tbsp Olive Oil
1 Tbsp Minced Garlic
1 tsp Garlic Powder
1 tsp Onion Powder
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 366

Fat - 14g

Carbohydrates - 24g

Protein - 35g

Estimated Cost
Per Meal

\$2.45

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Instructions

1. Start by cutting your chicken breasts in half horizontally. Place them in a large mixing bowl along with your jerk seasoning, 2 Tbsp of white vinegar, and 1 Tbsp olive oil. Mix well and set aside.
2. If your Brussels sprouts are frozen, place them in the microwave for a few minutes to thaw. Once thawed, slice in half or in quarters, depending on preference. Place them in a large mixing bowl.
3. Dice your onion and add it to the bowl with your Brussels sprouts.
4. Melt 4 Tbsp of butter and pour in with your veggies, along with 1/2 cup grated parmesan, 1/4 cup bread crumbs, 1 Tbsp minced garlic, 1 tsp garlic powder, and 1 tsp onion powder. Mix well and set aside.
5. Line one sheet pan with your 6 pieces of chicken and a second sheet pan with your Brussels sprouts. Spread out as much as possible for a more even cook.
6. Cook in the oven on 425°F for 20-25 minutes, or until chicken is cooked through. Flip chicken and toss veggies halfway through.
7. When veggies are done, you can place them on broil for 2-3 minutes for a little extra crispiness.
8. Divide everything evenly across your meal containers.
9. Enjoy!



Notes

- This is a pretty low calorie meal. If you need to bulk it up a bit, you can add something like rice or mashed potatoes. You can also add some diced potatoes in with your veggies and roast them together.
- If you cannot find this particular pack of jerk seasoning, any jerk seasoning will be fine to use. There are also a lot of simple homemade jerk seasonings online if you prefer to make one yourself.
- Keep in mind that most jerk seasonings are spicy. So if you are sensitive to spicy foods, making one from scratch may be a good option. Simply follow the directions on whichever one you choose, and leave out any hot spices (usually cayenne).