

RAINBOW SHEET PAN "STIR FRY"

PREP TIME

20 mins

COOK TIME

10 mins

SERVINGS

6

INGREDIENTS

1 1/2 pounds boneless chicken
breasts or thighs
1 head broccoli, cut into bite sized
pieces
1 red bell pepper, seeds and ribs
removed. Diced into 1/4 inch pieces
2 large carrots, peeled and cut into
1/2 inch thick rounds
2 stalks celery, washed and cut into
bite sized pieces

1 small red onion, diced
1/3 cup soy sauce
1/4 cup water or stock
1 lime, zest and juice
1 teaspoon garlic powder
1 teaspoon sugar, honey, or maple
syrup
Brown rice (prepared to package
instructions)

METHOD

1. Preheat oven to 400°F. Prepare rice according to package directions. Line baking sheet with foil.
2. In a small bowl combine soy sauce, water or stock, lime juice, garlic powder and sweetener of choice.
3. Prepare all of your vegetables according to the ingredient descriptions.
4. Cut chicken into bite sized pieces and put into a large bowl along with vegetables. Drizzle mixture with sauce. Mix well to coat.
5. Spread mixture on prepared baking sheet. You may need to separate mixture onto two pans or cook in two batches. Make sure the mixture is in a single layer to speed up cooking time and to make sure everything cooks evenly.
6. Roast until chicken is cooked through- about 10 minutes, and vegetables are tender but not mushy.
7. Fill a serving bowl with rice, top with roasted vegetables and chicken.
8. Serve hot. For more flavor, make more sauce and pour over finished dish.



RECIPE NOTES

1. Use any vegetable that you like- brussels sprouts, cauliflower, snap peas, etc.

2. Replace chicken with shrimp, steak, or tofu.

3. You can prepare your chicken separately from your vegetables and combine after everything is cooked.

4. This is a great recipe for frozen vegetables!

