



280 Calories per serving

6 Servings

Recipe Adapted from: Original
E4M Recipe

Family Rating:



Skillet Bake

- 2 tbsp. Olive Oil
- 25 Cherry Tomatoes
- 14 Asparagus Spears
- 1 cup sliced yellow onion
- 4 carrots, peeled and chopped
- 2 medium russet potatoes, diced
- 2 small sweet potatoes, diced
- 18 oz Black Pepper Herb Chicken Breast Strips (found at Costco) or other preferred chicken

Directions: Prepare all vegetables and place in the skillet and drizzle with olive oil to avoid sticking. Top with chicken. Bake at 425 for 20-30 minutes or until veggies are tender.

Tips: For a more firm asparagus, add during last ten to fifteen minutes.