

## Chicken and Veg Sheet Pan Dinner.. (serves 2)

### INGREDIENTS

- 2 skinless, boneless chicken thighs, roughly chopped into 1-inch chunks (optional)
- 1 cup cooked chickpeas
- 1 broccoli florets, roughly chopped
- 1 cup Brussels sprouts, roughly chopped
- 1 sweet potatoes, peeled and chopped into 1/2-inch dice
- 1 cup chopped red onion
- 3 tablespoons olive oil
- 1/4 cup orange juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed rosemary

### DIRECTIONS

1. Preheat oven to 425-degees. Prepare a baking sheet with foil and line with parchent.
2. Place chicken, chick peas, broccoli, Brussels sprouts, sweet potatoes, and red onions in a large bowl.
3. In a small bowl, whisk together the olive oil, orange juice, salt, pepper, garlic powder, onion powder, and rosemary until thoroughly combined.
4. Toss chicken and vegetables with the mix, coating each piece thoroughly, and spread out on baking sheet in a single layer.
5. Bake for approximately 35 minutes until the chicken reaches an internal temperature of 165-degrees and vegetables are tender. If chicken or vegetables are browning too quickly, cover with foil and continue cooking.

## Kombucha Juice Spritz

### INGREDIENTS

- 3 ounces of kombucha
- 2 ounces of orange juice
- 2 ounces of sparkling apple juice

### DIRECTIONS

1. In a tall glass, add ice and pour ingredients over the ice. Give a gentle stir to combine and enjoy.

