

Grilled Chicken Breast with Roasted Sweet Potatoes & Steamed Broccoli

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 2

Ingredients:

- 2 chicken breasts (6 oz each)
- 2 medium sweet potatoes (cubed)
- 2 cups broccoli florets
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & pepper to taste

Steps:

1. Preheat oven to 400°F (200°C).
2. Toss sweet potatoes with 1 tbsp olive oil, paprika, salt, and pepper. Roast for 25 minutes.
3. Season chicken breasts with garlic powder, salt, and pepper. Grill or pan-sear for 6–7 minutes per side until fully cooked.
4. Steam broccoli until tender (5–6 minutes).
5. Serve chicken with roasted potatoes and steamed broccoli.

Nutrition (approx, per serving):

- Calories: 420
- Protein: 38g
- Carbs: 34g
- Fat: 14g
- Fiber: 6g

Tips:

- Marinate chicken in lemon juice overnight for extra tenderness.
- Swap sweet potatoes with roasted zucchini for a lower-carb option.