

Shredded Chicken and Carrots

4 SERVINGS 30 MINUTES



INGREDIENTS

2 Carrot (large, sliced into rounds)
2 tbsps Extra Virgin Olive Oil
1 lb Chicken Breast (boneless, skinless)

NUTRITION

AMOUNT PER SERVING

Calories	208	Iron	1mg
Fat	10g	Vitamin D	1IU
Carbs	3g	Folate	16µg
Fiber	1g	Magnesium	35mg
Protein	26g	Zinc	1mg
Vitamin C	2mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until they are tender.
- 03 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 04 Remove the chicken and shred into pieces using two forks.
- 05 Remove the pan from the oven, and divide the shredded chicken and carrots between plates. Enjoy!

NOTES

RECIPE ID 115