

Herb-Grilled Chicken and Roasted Vegetables

INGREDIENTS

2 cups butternut squash, cubed
2 cups sweet potato, cubed
1 tbsp olive oil
½ cup 2% plain Greek yogurt
¼ cup chopped fresh parsley,
chives or basil, *divided*
½ tsp each salt and pepper
4, 4 oz. boneless, skinless chicken
breasts

DIRECTIONS

Preheat oven to 400°F. Add squash and sweet potato to 9"x13" baking dish. Drizzle with olive oil. Bake for 40 minutes or until vegetables are tender. Meanwhile, in small bowl, whisk together yogurt, herbs, salt and pepper. Pour into shallow dish and add chicken breasts, turning to coat. Cover dish and refrigerate chicken for at least 30 minutes or overnight. Set grill pan to medium heat. Remove chicken from marinade (discard remaining marinade), and grill about 7 minutes per side or until internal temperature is 165°F. Sprinkle chicken with herbs. Serve with vegetables.



Makes 4 servings. Each:
281 calories • 26g protein •
7g fat • 29g carb • 5g fiber •
379mg sodium