



Elliott Evans Nutrition, LLC
Prevent and Protect
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HERBED CHICKEN CUTLETS WITH ROASTED WINTER VEGETABLES

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- 1 pound Brussels sprouts, trimmed and halved**
 - ½ medium head cauliflower, cut into small florets (about 4 cups)**
 - 3 tablespoons olive oil**
Kosher salt and black pepper
 - 8 small chicken cutlets (about 1½ pounds)**
 - 1 tablespoon herbes de Provence**
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- **Heat oven to 425 degrees. On a large rimmed baking sheet, toss the Brussels sprouts and cauliflower with 2 tablespoons of oil and ½ teaspoon each of salt and pepper. Roast, tossing once, until tender – about 20-25 minutes.**
 - **Meanwhile, heat the remaining tablespoon of oil in a large skilled over medium heat. Season the chicken with the herbes de Provence, ½ teaspoon salt, and ¼ teaspoon pepper. Working in batches, cook until golden brown and cooked through, 2-3 minutes per side, adding more oil as necessary.**
 - **Serve with the vegetables.**