

# 30 Minute One Pan Chicken Meal

*Let's face it, one pan meals make life so much easier!*

## Ingredients:

- 1 medium onion, sliced
- 4 boneless skinless chicken breasts
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- ½ lb fresh mushrooms, sliced
- 2 medium zucchini, sliced
- 2 garlic cloves, minced
- 1 (14 ½ ounce) cans diced tomatoes
- ¾ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ cup parmesan cheese (optional)



## Preparation:

1. Preheat oven to 450°F.
2. Grease a 13 x 8 inch baking dish and place onions on bottom.
3. Place chicken breast on onion and sprinkle with salt and pepper.
4. Layer mushrooms and zucchini over the chicken.
5. Combine garlic, tomatoes, basil and oregano and pour over vegetables.
6. Cover and bake for 30 minutes or until juice run clear in chicken.
7. Remove from oven and sprinkle with parmesan cheese. Shred chicken if desired.