

30 MINUTE CHICKEN AND ROASTED BROCCOLI PESTO

Serves: 4

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Total time: 40 minutes stove top or 4-8 hours slow cooker

Ingredients

- 2-3 chicken breasts
- 2 large broccoli crowns
- 1 cup of grape tomatoes (optional)
- Olive oil
- Salt and pepper
- Pesto, recipe below, or quality store-bought

Homemade Pesto

- 2 cups of fresh basil, packed
- ½ cup of grated Parmesan cheese
- ¼ cup of pine nuts
- 3 cloves of garlic
- Salt and pepper
- ¼ olive oil



Directions

1. Preheat oven to 425 degrees. Line baking sheet with foil.
2. Cut broccoli florets in half or quarters, if larger. Cut grape tomatoes, if using, in half. Spread broccoli and tomatoes out on the baking sheet. Drizzle with olive oil and season with salt and pepper. Toss until well coated. Roast 15-20 minutes, tossing halfway through.
3. While the broccoli and tomatoes are in the oven, dice the chicken breast. Warm olive oil in a skillet over medium heat. Add chicken, season with salt and pepper, and cook. Toss occasionally until chicken is cooked through and brown. (If excess liquid forms, drain liquid from the skillet and continue cooking.)
4. While the chicken is cooking, place all ingredients for the pesto in a food processor and blend until smooth.
5. In a large bowl combine chicken, broccoli, and tomatoes with about half of the pesto. Toss until well coated.

Notes

- Save the remaining pesto for another dish. Store in the fridge for one week or freeze for six months.
- For larger families or to have leftovers, double chicken, broccoli, and tomatoes and use all the pesto.