



Italian Roasted Chicken and Vegetable Salad

Poultry, Salad

Prep Time: 30 min **Cook Time:** 1 hour **Difficulty:** Easy **Servings:** 6 servings **Source:** [Robbie's Hope](#)

INGREDIENTS

Nonstick cooking spray

2 bone-in chicken breast halves (about 2 lb. total)

1/2 cup peeled fresh baby carrots

1 medium onion, cut into 8 wedges (1/2 cup)

1 small zucchini, cut into 1-inch chunks (about 1 cup)

1 cup fresh mushrooms, halved

1 medium red or green sweet pepper, cut into 1-inch chunks (about 3/4 cup)

3 tablespoons olive oil

1/4 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons balsamic vinegar

1 teaspoon dried Italian seasoning, crushed

8 cups mixed salad greens

1/4 cup shredded Parmesan cheese (1 oz.)



DIRECTIONS

Preheat oven to 375 degrees F. Coat a 13x9-inch baking pan with cooking spray or line with foil. Arrange chicken, skin sides up, in one half of the roasting pan. In the other half of the pan arrange the carrots and onion wedges. Roast, uncovered, 25 minutes.

Remove pan from oven. Add zucchini, mushrooms, and sweet pepper to the carrots and onion (pan will be full). Drizzle chicken and vegetables with 2 Tbsp. of the olive oil and sprinkle with the salt and black pepper.

Roast, uncovered, about 25 minutes more or until chicken is done and vegetables are tender. Set chicken aside until cool enough to handle. Transfer vegetables to a bowl.

Remove and discard chicken skin and bones. Shred chicken using two forks. Add chicken and any juices in pan to vegetables (if desired, skim fat from juices); toss to coat. In a bowl whisk together vinegar, the remaining 1 Tbsp. olive oil, and the Italian seasoning. Add to chicken mixture; toss to coat.

Arrange salad greens on a platter or divide among six plates. Spoon chicken mixture over greens. Sprinkle with cheese.