

Pesto Chicken Sheet Pan & Soup



for cancer treatment
and recovery

Ingredients:

- 2 tablespoons olive oil
- 1/2 sweet onion, diced
- 1 lb boneless, skinless chicken breasts, cut into bite-sized pieces
- Pinch of kosher salt
- 2 tablespoons grated parmesan
- 3 tablespoons pesto
- 14 oz quartered artichoke hearts, drained and roughly chopped
- 1 cup cherry tomatoes, halved
- 4–6 oz baby spinach leaves
- 1 cup shredded Italian blend cheese
- 1 cup bite-sized pasta (such as mini penne or rotini), cooked according to package instructions
- 6 cups low-sodium chicken broth
- Salt and pepper, to taste

Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper or aluminum foil for easy cleanup.
2. In a large bowl, toss 1 lb boneless, skinless chicken breasts (cut into bite-sized pieces) with 1/2 sweet onion (diced), 2 tablespoons olive oil, and a pinch of kosher salt.
3. Spread the chicken and onion mixture evenly on the baking sheet.
4. In a small bowl, whisk together 2 tablespoons grated parmesan and 3 tablespoons pesto. Drizzle over the chicken and onions, and toss to coat evenly.
5. Scatter 14 oz quartered artichoke hearts (drained and roughly chopped), 1 cup cherry tomatoes (halved), and 4–6 oz baby spinach leaves around the chicken on the baking sheet.
6. Bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.

To make sheet pan meal:

1. Remove from the oven and sprinkle 1 cup shredded Italian blend cheese over the top, reserving a couple of tablespoons for garnish.
2. Return to the oven for an additional 5 minutes, or until the cheese is melted and bubbly.
3. Serve the pesto chicken and vegetables over the cooked pasta, garnish with extra pesto and remaining cheese if desired.

To make soup:

1. While the chicken and vegetables are baking, bring 6 cups of low-sodium chicken broth to a simmer in a large pot.
2. After you pull the sheet pan from the oven, carefully transfer the chicken and vegetables to a cutting board.
3. Dice chicken and vegetables to desired size and add to the pot with the simmering broth.
4. Stir in the cooked pasta* and let the soup simmer for 5-10 minutes to allow the flavors to meld together.
5. Taste and adjust seasoning with salt and pepper as needed.
6. Serve hot, garnished with extra pesto if desired.