

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Sheet Pan Pesto Chicken

Serves: 6

Modified from: www.CookingClassy.com

Items Needed: baking sheet, food processor, parchment paper, spatula

Ingredients:

Pesto:

- 1 ½ cups packed fresh basil leaves
- ¼ cup walnut halves and pieces
- ¼ cup finely shredded Parmesan cheese
- 2 cloves garlic, peeled
- ½ cup olive oil
- Salt and freshly ground pepper, to taste

Chicken and Veggies:

- 1 ½ lbs. (24 ounces) boneless, skinless chicken breasts, diced into 1-inch pieces
- 1 lb. asparagus (thin spears), tough ends trimmed and discarded, diced into 1 1/2 –inch pieces
- 1 pint (2 cups) fresh grape tomatoes
- ½ cup walnut halves and pieces

Directions:

1. Preheat oven to 400 F.
2. For the pesto, add basil leaves, ¼ cup walnuts, Parmesan and garlic to food processor. Pulse until coarsely chopped. Add olive oil, season with salt and pepper to taste, and pulse until everything is finely chopped and well combined. Set aside.
3. Line a rimmed baking sheet with a sheet of parchment paper or spray with a non-stick cooking spray. Place chicken and asparagus on sheet pan, pour over ¼ cup of the basil pesto. Season chicken and asparagus with salt and pepper and toss everything to evenly coat.
4. Spread into an even layer (don't let the chicken pieces overlap) and roast in the oven for 10 minutes.
5. Remove from the oven, drain off excess liquid from one corner if needed (use a spatula as a guard to keep the ingredients from falling).

6. Add tomatoes, toss everything and return to oven to continue to roast until chicken is cooked through, about 8 to 12 minutes longer.
7. Remove from pan, spoon over another $\frac{1}{4}$ cup of the pesto and toss. Sprinkle in walnuts.
8. Serve immediately with more pesto if desired.

Nutrition Information (per 1/6 of recipe):

Calories: 432 Fat: 31 g Carbs: 8 g Protein: 28 g Fiber: 3 g Sodium: 204 mg