

Balsamic Chicken with Roasted Veggies for an Easy One-Pan Dinner

Balsamic Chicken with Roasted Veggies



OVEN
400°F

TIME
30 to 40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup cherry tomatoes, halved
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 red onion, cut into wedges

DIRECTIONS

1. Preheat the oven: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Make the marinade: In a bowl, whisk together the balsamic vinegar, olive oil, honey, minced garlic, Italian seasoning, salt, and black pepper.
3. Toss the chicken and vegetables: Place the chicken breasts and vegetables in a large bowl or directly on the prepared baking sheet.
4. Pour the marinade over everything and toss well to coat.
5. Arrange on the pan: Spread the chicken and vegetables out in a single layer on the baking sheet so they roast evenly.
6. Bake: Bake for 30 to 40 minutes, flipping the chicken halfway through, until the chicken is cooked through and the vegetables are tender.
7. Serve: Serve hot straight from the pan, spooning any extra juices over the chicken and vegetables.

SWAPS & NOTES

Chicken breasts work beautifully here because they slice cleanly and roast well, but boneless chicken thighs can also be used if you prefer a juicier, slightly richer option.

The honey helps balance the sharpness of the balsamic vinegar and encourages a little caramelization in the oven.

It is a small amount, but it makes a difference.

Zucchini, bell pepper, onion, and cherry tomatoes make a great mix because they roast at about the same pace and give the pan lots of color.

TIPS FOR SUCCESS

Spread everything out well on the baking sheet so the vegetables roast instead of steam.

Flip the chicken halfway through cooking so it cooks more evenly and picks up flavor on both sides.

If the vegetables finish before the chicken, remove them briefly and return the chicken to the oven until fully cooked.

A quick check with a thermometer is the easiest way to know when the chicken is done.

More recipes: [ChefManiac.com](#)

Original recipe: <https://chefmaniac.com/balsamic-chicken-with-roasted-veggies-for-an-easy-one-pan-dinner/>