

One-Pan Teriyaki Chicken Veggie Bake

Full of flavor, nutrient-dense veggies and satisfying protein. This One-Pan Teriyaki Chicken Veggie Bake that's made with a simple homemade teriyaki sauce is Whole30-friendly and perfect for weeknight dinners.

🕒 Prep: 15 mins Cook: 20 mins Total: 35 mins

👤 Servings: 5-6 servings

1x	2x	3x
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INGREDIENTS

For the Teriyaki (double if you'd like extra for dipping)

- 1/2 cup coconut aminos
- 1 orange, juiced
- 2 Tbsp. water
- 1 1/2 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 2 garlic cloves, minced (or 1 tsp. garlic powder)
- 1/2 tsp. ground ginger
- 1-2 Tbsp. tapioca or arrowroot starch (optional – for thickening)

For the Chicken & Veggies

- 1 1/2 lbs. chicken breast, sliced in half the long way
- 3-4 cups broccoli florets
- 8 oz. sugar snap peas (1 small bag)
- 2 medium carrots, peeled and sliced into 1/4-1/2 inch. coins
- 1 bell pepper, cut into strips
- 1 small red onion, sliced
- 1 cup mushroom slices
- 2 tbsp. toasted sesame seeds
- Cauliflower rice (store purchased or homemade)
- Sliced almonds, toasted (optional)
- Cilantro, chopped (optional)

INSTRUCTIONS

1. Preheat oven to 400°F degrees.
2. In a small sauce pan over medium high-heat, combine the teriyaki sauce ingredients. Bring to boil and reduce heat. Let simmer for 5-6 minutes until sauce has slightly thickened, stirring occasionally.
3. While sauce is simmering, prepare veggies and chicken.

4. Line a large sheet pan with parchment paper and add chicken. Season chicken with salt and pepper and lightly brush each piece with teriyaki sauce. Pre-bake chicken for 8 minutes. After 8 minutes, remove from oven. With a tongs, set chicken aside on a plate.
5. Add all of the prepared veggies to the pan and toss veggies with about 1/4-1/3 cup of the teriyaki sauce (*there should be extra sauce remaining*) until all of the veggies are coated. *You may need to use your hands.* Make spaces for chicken within the sea of veggies, and add back to the pan. Brush chicken with teriyaki sauce and return to oven.
6. Bake for 14-18 minutes or until chicken is cooked through and veggies are tender. Toss veggies half way through baking time. Baking time will depend on the thickness of chicken or cut of veggies. If chicken is cooked through (*reaches an internal temp of 165 degrees*) before veggies are tender, remove chicken, cover chicken with foil and allow veggies to continue to bake until they are tender or done to your liking.
7. Once chicken and veggies are cooked through, remove from oven. Brush chicken with teriyaki sauce once again and then sprinkle everything with sesame seeds.
8. Serve chicken and veggies over cauli-rice and top with toasted almonds and cilantro if desired. If you made a double batch of the teriyaki sauce, serve along the side for dipping or you can also serve with coconut aminos.

NOTES

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Note: We only test the recipes with the listed ingredients and measurements, unless otherwise noted. If you would like to try a substitution, we would love to have you share what you used and how it turned out in the comments below. Thanks!

NUTRITION INFORMATION

Serving Size: 1/6th of recipe Calories: 251 Fat: 6 g Sodium: 442 mg Carbohydrate: 16 g
(Fiber: 3 g Sugar: 9 g) Protein: 29 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free High Protein Paleo Whole30

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