**A white plate topped with meat and vegetables

Description automatically generated15 MINUTE HONEY CHICKEN**

*prep time:***5 MINS**

*cook time:***10 MINS**

*total time:***15 MINS**

*servings:*[**8**](https://thewholecook.com/15-minute-honey-chicken/)**SERVINGS**

**INGREDIENTS**

* 2 tbsp olive or avocado oil
* 4 chicken breasts, *about 2 lbs.*
* 1/2 tsp salt
* 1/2 tsp pepper
* 1/2 cup honey
* 3 tbsp coconut aminos or soy sauce
* 1 1/2 tsp garlic

**INSTRUCTIONS**

1. Slice the chicken breasts horizontally. This will give you 8 thin cutlets, so they'll cook faster and more evenly.
2. Add olive oil to sauté pan or cast iron skillet. Heat pan to medium high heat. Add your cutlets to the hot pan. Liberally salt and pepper the side facing up. Sauté until each side has some browning and chicken is mostly cooked through, about 3 minutes per side.
3. Meanwhile, stir together coconut aminos (or soy sauce), honey, and minced garlic in a medium bowl.
4. Pour sauce into skillet with chicken. Let it all simmer (sauce will be very bubbly) on medium-high heat for 5 minutes, flipping chicken halfway through cooking time. When finished, sauce will have thickened and chicken should be completely cooked through. Turn off heat and let it sit for a minute, so bubbles go away. Spoon sauce over chicken.

**\*Source**: <https://thewholecook.com/15-minute-honey-chicken/>

## ROASTED RANCH VEGGIES

*prep time:***5 MINS**

*cook time:***20 MINS**

*total time:***25 MINS**

*servings:*[**6**](https://thewholecook.com/roasted-ranch-veggies/)**SERVINGS**

### INGREDIENTS

* 1 lb carrots, *peeled and cut into sticks*
* 12 oz broccoli florets
* 12 oz green beans
* 4 tbsp olive oil
* 1 tsp dried dill
* 1 tsp dried parsley
* 1/2 tsp garlic powder
* 1/2 tsp onion powder
* 1 tsp salt
* 1/2 tsp pepper

### INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Slice any large broccoli florets in half. Leave smaller ones whole. Add them to a large 13 x 17 baking sheet.
3. Peel carrots and slice into sticks. Add them to the baking sheet.
4. Trim green beans and add to baking sheet.
5. Drizzle veggies with olive oil.
6. In a small bowl stir together all seasonings so they are well combined. Pour seasoning over veggies.
7. Use a spatula to move vegetables around so all are coated with olive oil and well-seasoned. Spread vegetables in an even layer on baking sheet.
8. Bake for 20 to 25 minutes. (They cook a little longer than my other roasted vegetable recipes because we have so many on one pan. This means they are not in a single layer with each veggie touching the bottom of the pan. However, if you are using a giant pan and every single veggie touches the bottom you may find your cooking time to be closer to 15 to 20 minutes.) Veggies should be soft with a bit of browning on the side that touches the pan. Remove from the oven and serve immediately! **\*Source**: <https://thewholecook.com/roasted-ranch-veggies/>