

Sheet Pan Chicken & Vegetables



This quick sheet pan dinner can be customized with your favorite vegetables and is perfect for meal prepping. Leftovers can be used throughout the week in various dishes!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the Vegetables:

2 crowns	Broccoli, cut into bite-size florets
1 medium	Red Bell Pepper, large dice
1 medium	Yellow or Orange Bell Pepper, large dice
1 medium	Red Onion, large dice
3 Tbsp	Olive Oil
2 Tbsp	Italian Seasoning
½ tsp	Kosher Salt
¼ tsp	Black Pepper

For the Chicken Thighs:

1 lb	Chicken Thighs, boneless and skinless
1 Tbsp	Dijon Mustard
2 tsp	Olive Oil
2 tsp	Italian Seasoning
¼ tsp	Kosher Salt
To Taste	Black Pepper

For the Chicken Breasts (to be used in another recipe):

1 lb	Chicken Breast, boneless and skinless (butterflied if very thick – see chef's note)
1 tsp	Olive Oil
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

If you are heating up the oven and chopping veggies, why not throw in a little more than you need for your dinner? This technique will set you up for the week by providing you with leftover chicken and vegetables that can be used in other dishes like frittatas, soups, and hearty salads.

Try to cut the vegetables to similar sizes so that everything cooks at the same rate. If you have vegetables that will take longer to cook, like cauliflower, sweet potatoes, or Brussels sprouts, group them together or separate them on your baking sheets so you can remove each item as it finishes cooking.

PRO TIP: Chicken breast can be thick on one end and thinner on the other. To speed up cooking and ensure even doneness, cut the breast horizontally starting at the thickest part and either open up like a book to flatten or cut all the way through to produce two thinner cutlets.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line three baking sheets with parchment or foil and set aside.
2. Prep the vegetables: In a large bowl, combine the chopped broccoli, bell pepper, and red onion. Add the olive oil, Italian seasoning, salt, and pepper, and toss to coat evenly using clean hands or tongs.
3. Transfer the seasoned vegetables to two of the prepared baking sheets. For optimal browning, take care not to overcrowd the pans.

4. Prep the Chicken Breasts: Add the chicken breasts, 1 tsp olive oil, ¼ tsp salt, and pepper to a medium bowl. Toss to coat thoroughly. Arrange the seasoned chicken breasts on one side of the prepared baking sheet.
5. Prep the Chicken Thighs: Using the same medium bowl, combine the Dijon mustard, olive oil, 2 tsp Italian seasoning, ¼ tsp salt, and pepper, stirring to mix evenly. Add the chicken thighs to the bowl and toss to coat thoroughly with the Dijon mixture. Arrange the seasoned chicken thighs on the remaining side of the baking sheet.
6. Transfer all three baking sheets to the preheated oven and roast until the vegetables are tender, browned, and crisp on the edges, about 10 -15 minutes. Roast the chicken until it reaches an internal temperature of 165°F. Allow chicken to rest for about 3-5 minutes before serving.

Nutrition Facts	
6 servings per container	
Serving size	
4 oz. chicken thigh and 1.25 cup veg (350g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 430mg	19%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0.1mcg	0%
Calcium 110mg	8%
Iron 2.5mg	15%
Potassium 930mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

