

Pan Roasted Chicken & Vegetables



This quick sheet pan dinner can be customized with any vegetables you have on hand and is perfect for meal prepping.

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

For the Vegetables:

1 tsp	Garlic Powder
1 tsp	Onion Powder
1 tsp	Thyme, dried
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt
To Taste	Black Pepper
1 Tbsp	Olive Oil
1 crown	Broccoli, cut into bite-size florets
1 head	Cauliflower, cut into bite-size florets
1 medium	Red Onion, large dice

For the Chicken:

2 Tbsp	Dijon Mustard
2 tsp	Thyme, dried
½ tsp	Kosher Salt
To Taste	Black Pepper
1 Tbsp	Olive Oil
2 lb	Chicken Breast or Thighs, boneless and skinless

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. Some of our favorite ways to use leftovers include frittatas, soups, and hearty salads.

In this recipe, we recommend using separate baking sheets for the vegetables and the chicken. This ensures that you can remove each item as it reaches the desired doneness level.

PRO TIP: Try to cut vegetables to similar sizes so that everything cooks at the same rate.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line two to three baking sheets with parchment or foil, as desired. Set aside.
2. In a small bowl, combine all the spices for the vegetables including the salt and pepper. Set aside.
3. In a large bowl, combine the chopped broccoli, cauliflower, and red onion. Add the olive oil and reserved spices and toss to coat evenly using clean hands. Transfer the seasoned vegetables to one of the prepared baking sheets. For optimal browning, take care not to overcrowd the pan and use two baking sheets, if necessary.
4. In another small bowl, combine the Dijon, thyme, salt, pepper and olive oil for the chicken, stirring to mix evenly. Set aside.

- Place the chicken pieces on the remaining prepared baking sheet and spread the Dijon mixture over each piece.
- Transfer everything to the oven and roast until the vegetables are tender, browned and crisp on the edges, about 12-15 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	
8 servings per container	
Serving	4 oz. chicken and 1 cup
Size	vegetables (245 g)
Amount per serving	
Calories	210
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 1.5g	7%
<i>Trans Fat 0g</i>	
Cholesterol 95mg	32%
Sodium 390mg	17%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	9%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 27g	53%
Vitamin D 0.03mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 700mg	14%
*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.	

Adapted from Health meets Food, "Pan Roasted Chicken & Vegetables" (3/12/19)

