



Sheet Pan Chicken and Vegetables

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 4 ounces chicken and 2 cups vegetables

Ingredients

- 1 medium sweet potato, peeled and diced into ½-inch pieces
- 2 tablespoons olive oil
- ¼ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- 8 ounces (½ pound) boneless, skinless chicken breast, cut into bite-size chunks or strips
- 3-4 cups of fresh vegetables cut into bite-size pieces (red bell pepper, zucchini, yellow squash, onion, broccoli or cauliflower)
- 1 small lemon, zested and juiced
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder (or 1 clove garlic minced)
- ¼ cup grated parmesan cheese

Recipe Notes

- Try using pork or tofu for the chicken if desired.
- Substitute onion powder for the garlic powder if desired.

Directions

1. Pre-heat the oven to 400°F.
2. Prepare a baking sheet with parchment paper or coat with nonstick cooking spray.
3. In a medium bowl, toss the diced sweet potatoes with 1 tablespoon olive oil and half of the salt and pepper.
4. Spread on prepared baking sheet and bake for 10 minutes.
5. Using the same bowl, add the chicken and fresh vegetables. Coat with 1 tablespoon oil and the remaining salt and pepper, lemon juice and zest, Italian seasoning, and garlic powder. Toss to coat.
6. Once the sweet potatoes have cooked for 10 minutes, add the chicken and vegetables to the pan with the potatoes. Toss and spread evenly.
7. Bake for 20 more minutes, tossing halfway through, until the chicken is cooked through and vegetables are tender.
8. Sprinkle with parmesan. Serve warm.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 20 g | Saturated Fat: 4.5 g
Sodium: 495 mg | Total Carbohydrate: 24 g | Dietary Fiber: 6 g | Protein: 28 g**

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