

Dinner

Sheet Pan Chicken and Vegetables

15 Mins
Prep Time

30 Mins
Cook Time

4
Servings

 **280** Calories **14g** Fat **12g** Carbs **29g** Protein



Ingredients

 **4** Servings  **45 Mins** Total Time  **Allergens: Dairy**

1 Sweet Potato, washed and diced into ½-inch pieces 

3 Tbsp Extra Virgin Olive Oil, divided

Salt and Pepper

1 ¼ lbs Boneless, Skinless Chicken Breasts, trimmed and cut into bite-sized pieces 

1 Red Bell Pepper, cored and cut into ½-inch pieces 

1 Zucchini, halved lengthwise, then cut into ½-inch half moons

1 Lemon, zested and juiced

2 ½ Tsp Italian Seasoning

1 Tsp Garlic Powder

1 Tsp Onion Powder

Parmesan Cheese, freshly grated (optional)

Allergen Swap

Dairy Omit Parmesan cheese

Nourishment Note



Sweet Potato

Sweet potatoes are loaded with beta-carotene, which is turned into vitamin A in the body. Vitamin A is critical for a healthy immune system.



Red Pepper

Red peppers are loaded with vitamin C and carotenoids. Both are powerful antioxidants that can prevent damage to healthy cells in the body and lower inflammation.



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 400°F. Line a large, rimmed baking sheet with tin foil and lightly coat with cooking spray.

3. Bake Sweet Potatoes

Place the chopped sweet potatoes in a large bowl and drizzle with 1 Tbsp olive oil and a sprinkle each of salt and pepper. Toss to coat and then spread into a single layer on the baking sheet. Bake for 10 minutes, or until the sweet potatoes just begin to soften.

4. Season Chicken, Zucchini, & Red Pepper

In the same large bowl, place the chicken, zucchini, and red pepper. Drizzle with the remaining 2 Tbsp olive oil. Add the lemon zest, lemon juice, Italian seasoning, garlic powder, onion powder, and a sprinkle with salt and pepper. Toss to evenly combine ingredients.

5. Bake Chicken Mixture

Transfer the chicken mixture to the baking sheet, using a spatula to create an even layer. Return pan to oven and bake for an addition 15-20 minutes, stirring once halfway through. Cook until the chicken is cooked through and the vegetables are tender.

6. Garnish & Enjoy

Sprinkle with parmesan and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from wellplated.com

What You'll Need



Cutting Board



Knife



Baking Sheet



Aluminum Foil



Cooking Spray



Measuring Spoons



Spoon



Large Bowl



Spatula



Microplane

Breathe Better Food Tip

- Salicylates – Sweet potatoes, zucchini and peppers can be high in salicylates, if you find them bothersome, try substituting with low salicylate vegetables, like Brussels sprouts or white potatoes.
- Sulfites – Parmesan cheese contains sulfites, omit if bothersome.