

Sheet Pan Chicken and Rainbow Veggies



INGREDIENTS:

1 sweet potato, diced
3 tbsp olive oil
1 ¼ tsp kosher salt
¾ tsp black pepper
1 ¼ pounds boneless, skinless chicken, diced
2 cups broccoli florets
1 red bell pepper, diced
1 zucchini, cut into half-moons
1 yellow squash, cut into half-moons
zest and juice from 1 lemon
2 ½ tsp Italian seasoning
1 tsp garlic powder
1 tsp onion powder
¼ cup grated Parmesan cheese (optional)

INSTRUCTIONS:

1. Preheat the oven to 400° F and line a rimmed baking sheet with parchment paper.
2. Place the diced sweet potatoes in a large bowl and drizzle with 1 tablespoon olive oil, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper. Toss to coat, then spread into one layer on the baking sheet. Bake for 10 minutes.
3. Meanwhile, using the same bowl, drizzle the remaining olive oil over the chicken, broccoli, bell pepper, zucchini, and yellow squash. Add the lemon zest and juice, all the spices, and the remaining salt and pepper. Toss to coat, then add it to the baking sheet, spreading it into an even layer.
4. Return the baking sheet to the oven and bake for about 18 minutes, stirring once halfway through.
5. Sprinkle with Parmesan, if using.
6. Enjoy!

