

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. Preheat Oven

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

### 2. 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.

### 3. 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.

### 4. 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.

### 5. Garnish & Enjoy

Sprinkle with parmesan and enjoy!

Recipe adapted from [wellplated.com](http://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.