

Southern Style Chicken and Vegetable Sheet Pan

Ingredients for Life

Marinating your chicken adds moisture to the meat helping to prevent the chicken from drying out during the cooking process. Although overnight is best, even just one hour of marinating can add flavor and moisture to your dish. This recipe serves two portions of chicken and vegetables — scale up as much as you need. Serve with brown rice or a hearty salad.

Serves 2

Prep time: 15 minutes + marinating time

Cook time: 30–40 minutes

Serving size: 1/2 chicken breast + 1 cup vegetables

Total time: 45–55 minutes + marinating time

Ingredients

Marinade

- 1½ Tablespoons olive oil
- 1 Tablespoon water
- 1 garlic clove, minced or 1/4 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 1/2 teaspoon salt

Other ingredients

- 1 medium sweet potato, cut into 1/4-inch cubes
- 1 bell pepper, cut into 1/2-inch pieces
- 1 boneless chicken breast, about 6–8 ounces

Glaze

- 2 teaspoons apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon honey
- 1 teaspoon mustard, such as Dijon mustard



Directions

1. Mix together the marinade and set it aside.
2. Place chopped vegetables and chicken breast into an airtight container or gallon bag. Pour in marinade and thoroughly coat the vegetables and chicken.
3. Marinate for at least 1 hour or up to overnight in the refrigerator.
4. Preheat oven to 400°F.
5. Place chicken and vegetables on a baking sheet. Roast for 30–35 minutes.
6. Check the temperature of the chicken breast. Once the chicken breast reaches 165°F, remove it from the pan and set it aside.
7. Return vegetables to the oven to continue cooking for another 5–10 minutes, or until a fork easily pierces the sweet potatoes.
8. Mix together ingredients for the glaze.
9. Once vegetables are out of the oven, add the chicken back to the pan and drizzle glaze over everything.

Nutrition Facts

Serves 2

**Serving size: 1/2 chicken breast
and 1 cup vegetables (291g)**

Amount per serving

Calories **296**

% Daily Value*

Total Fat 12g	18%
Saturated Fat 2g	9%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 489mg	20%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	18%
Total Sugars 10g	
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 58mg	6%
Iron 1.5mg	8%
Potassium 733mg	21%
Phosphorus 274mg	27%

* 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.