

Tex-Mex Chicken, Sweet Potato, and Pepper Sheet Pan

Ingredients for Life

This Tex-Mex dinner is made even simpler with the sheet pan method. Add your favorite vegetables, a chicken breast, and this easy marinade to create a flavorful feast. This recipe serves two portions of chicken and vegetables — scale up as much as you need. Serve with tortillas, brown rice, or quinoa.

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 Tablespoon olive oil
- 2 teaspoon lime juice
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 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

Serve with

- 1 Tablespoon lime juice, or the juice of 1/2 lime
- Optional: tortillas, brown rice, or quinoa



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. Finish with lime juice. Serve with tortillas, brown rice, or quinoa (optional).

Nutrition Facts

Serves 2

Serving size: 1/2 chicken breast and 1 cup vegetables (278g)

Amount per serving

Calories

282

% Daily Value*

Total Fat 12g	18%
Saturated Fat 2g	9%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 401mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 55mg	6%
Iron 1mg	7%
Potassium 709mg	20%
Phosphorus 273mg	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.