

Sheet Pan Roadside Chicken and Veggies

My favorite meals are the ones that require no cleanup, very little prep work, but are still tasty. If it's also nutritious, that's an added bonus.

This recipe fits all of those, except *maybe* the prep work, but I've even found a work around there.

Sheet pan dinners are popular right now, and for good reason. You simply throw everything on a sheet pan and bake, and the end result is dinner without a lot of dishes. It's kind of like crockpot cooking, but with dry heat, and it doesn't take all day. My kind of dinner for sure. I've made all sorts of things this way, usually in the form of some kind of protein and veggies. Sometimes it ends up in a salad, but you can use it to make sandwiches or fajitas too.

This recipe has a lot of veggies, which require some prep work, yes. But this can all be done in advance, or you can buy pre-chopped veggies if you want. One thing I often rely on is the salad bar at my grocery store. There's usually a wide array of vegetables, and I can pick the amount I want of each one. This is great if you are only cooking for one or two people and don't want an entire head of broccoli, for example. It's not the most economical option, so I don't always do it, but if I know I'm going to have a busy week ahead and just want to get a healthy meal in, it works in a pinch.

For this recipe, I chose boneless skinless chicken thighs because they don't dry out like chicken breasts, which gives the veggies time to get nice and charred. You can swap if you want though. For seasoning, I picked a natural choice — Roadside Chicken, which has a rich, savory flavor that is perfect for the fat in the chicken thighs but goes with the veggies nicely as well.

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Serves 4

Prep time: 45 minutes

Ingredients:

- 1 pound boneless, skinless chicken thighs
- 1/2 cup broccoli florets
- 1/2 cup sliced zucchini
- 1/2 cup chopped asparagus
- 1/2 cup sliced bell peppers
- 1/2 cup sliced onions
- 1 tablespoon Roadside Chicken seasoning
- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- Steamed brown rice or other grains for serving
- Colima Sea Salt, for serving

Directions:

Preheat oven to 400 degrees F.

Combine the chicken, veggies, seasoning, and oil in a freezer bag. Shake until everything is well coated.

Spread on a parchment lined baking sheet and bake for 40-45 minutes, until veggies are caramelized and chicken reaches 165 on an instant read thermometer.

Serve over the rice or grains and sprinkle with Colima Sea Salt.

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https://drive.google.com/open?id=1sUVvM7xzVQg9SLmX66Hp_b5Mafad9Xpr

:03 chicken

:07 broccoli

:17 zucchini

:26 asparagus

:36 bell peppers

:52 onions

1:08 Roadside Chicken seasoning

1:15 Ava Jane's Kitchen Avocado Oil

1:26 Shake

2:00: Spread on sheet pan

2:37 Bake

2:43 Rice or grains

3:18 Colima Sea Salt