

Sheet-Pan Chicken And Veggies

An easy, delicious, and healthy dinner that you can get into the oven quick! The juicy roasted chicken and colorful tender vegetables all cook at the same time on one sheet pan.

Prep: 15 mins

Cook: 35 mins

Total: 50 mins

Servings: Serves 4

INGREDIENTS

- 1½-2 lbs. bone-in, skin-on chicken thighs (May substitute 1 lb. boneless, skinless chicken thighs)
- 12 oz whole carrots (~6-8 medium), cut into carrot sticks or coins
- 12 oz green beans (~2 large handfuls), washed and trimmed
- 12 oz baby red potatoes, halved or quartered (may sub cubed sweet potatoes)
- 1 medium red onion, cut into wedges
- 3-4 garlic cloves, minced
- 1 tablespoon fresh rosemary (or 1 teaspoon dried rosemary)
- 2 teaspoons fresh thyme (or ¾ teaspoon dried thyme)
- ½ tablespoon olive oil or avocado oil* (Use 1 tablespoon oil if using boneless/skinless chicken thighs)
- ½ teaspoon fine salt
- ½ teaspoon black pepper

INSTRUCTIONS

1. Preheat the oven to 425°F. Line a large rimmed, baking sheet with parchment paper.
2. Toss the chopped vegetables and herbs with oil directly on the baking sheet.
3. Place chicken thighs on top of the vegetables.
4. Season chicken and veggies with salt and pepper.
5. Bake until the chicken is cooked through and the baby potatoes are tender, about 30-35 minutes. Toss and turn the vegetables once or twice during cooking.