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SHEET PAN CHICKEN WITH FENNEL & SWEET POTATO

GF • TIME: 55-60 MIN • ABOUT 4 SERVINGS

Recipe by Rebecca Rich, MSCN

Ingredients:

- 2 pounds chicken leg (bone-in, skin on)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 2 cloves garlic (minced)
- 1 tablespoon rosemary (finely chopped)
- 2 sweet potatoes (medium, cubed)
- 2 bulbs fennel (thinly sliced)
- 2/3 cup green olives (pitted)

Directions:

1. Preheat the oven to 425 degrees F (220C).
2. Rub the chicken with half of the oil, 3/4 of the salt, garlic, and rosemary. Place on a baking sheet and transfer to the oven. Cook for 15 minutes and remove the sheet from the oven.
3. In a bowl, toss the sweet potato and fennel with the remaining oil and salt. Scatter the vegetables around the chicken. Add the baking sheet back to the oven for 30-35 minutes or until the chicken is cooked through and the sweet potato is tender.
4. Divide evenly between plates along with the olives and fennel fronds. Salt to taste. Enjoy!

NUTRITION NOTE:

This one pan meal includes all of the important components of a meal: carbohydrates (fennel & sweet potatoes), protein (chicken), healthy fats (olive oil & olives), & fiber (fennel, sweet potatoes, & olives).