



Sheet Pan Chicken and Vegetables

Description



An easy time-saving and healthy one-pan meal that can use up any vegetables you already have in the fridge. A great weeknight meal!

Ingredients:

- 2 Skinless-Boneless Chicken Breasts, cut to preferred size.
- 4 Carrots, sliced into rounds, 1/2 inch will result in firmer texture
- 4 stalks of celery, sliced 1/2 inch thick
- 1/2 C. sliced shallot (option sweet onion)

- 1 1/2 C. cauliflower florets (option broccoli)
- Wedge of Cabbage, cut lengthwise, keep stalk end intact.
- 1/3 C. The Olive Tap's [Italiano](#), [Koroneiki](#) or ([Sorrento Lemon](#) for an extra lemon kick)
- 2 t. soy sauce
- 1 T. Italian Seasoning
- 1 t. Smoked Sweet Spanish Paprika
- 1 t. granulated garlic (or 1 T. fresh minced)
- 1 t. lemon zest
- Salt and Pepper to taste

Directions:

1. Preheat oven to 375 degrees.
2. Arrange Chicken Breasts on an 11 x 14-inch baking sheet, then spread the vegetables around.
3. In a bowl, mix the olive oil, soy sauce, Italian seasoning, paprika, garlic, lemon zest. Then brush the mixture over the chicken and the vegetables.
4. Bake 20 to 30 minutes until the chicken is no longer pink in the center (160 degrees on an instant read thermometer).
5. Season with salt and fresh ground black pepper and serve

Recipe by Rick

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/sheet-pan-chicken-and-vegetables/>

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