

SHEET-PAN CHICKEN & RAINBOW VEG

A weeknight plate that mostly cooks itself. Protein, color, and a smart carb on one pan — the kind of dinner that still leaves room for conversation.

About 40 minutes (10 prep, 30 roast) · Serves 3–4



Ingredients

- 1½ lb boneless chicken thighs or breasts, cut into large pieces
- 1 sweet potato, cubed
- 1 red bell pepper, chunked
- 1 zucchini and/or about 4 cups broccoli florets (about 12 oz, one medium head)
- 1 small red onion, wedges
- 3 Tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt and black pepper
- Optional: lemon wedges, fresh herbs

Instructions

- 1 Heat oven to 425°F. Line a sheet pan.
- 2 Toss veg with half the oil, salt, and pepper. Spread on pan.
- 3 Toss chicken with remaining oil, paprika, garlic powder, salt, and pepper. Nestle on the pan.
- 4 Roast 25–30 minutes, until the chicken reaches 165°F (74°C) on an instant-read thermometer and the edges are golden.
- 5 Squeeze lemon over the top if you like. Serve as-is or with a handful of greens.

Annie note

Leftovers make tomorrow's steady lunch. No need to reinvent the plate — just reheat and add fruit or yogurt on the side.