

Lemon Chicken & Veggie

Sheet-Pan Dinner *Serves 4-6*

Ingredients:

- **1 1/2-2 lbs boneless, skinless chicken pieces cut into 2" chunks** (thigh and drum meat are great as dark meat has more iron than white does and it stays moist, even when slightly overcooked!). If working with bone-in pieces, remove the meat and make some stock with the bones!) **OR other boneless meat such as pork, fish or sausages. You can even use eggs!** Simply cook veggies tossed in lemon etc, first, until nearly done, then make 6 small wells in the veggies, crack an egg into each, season with salt and pepper and roast an additional 5-10 mins.
- **2-3 Tbsp juice and the finely grated rind of 1 lemon** (zest on fine side of grater *before juicing!* Be sure to grate yellow skin only, not the white pith underneath.)*
- **2 Tbsp olive/other vegetable oil**
- **2 cloves garlic, minced, OR 1/4 tsp garlic powder**
- **3-4 cups assorted, cut-up veggies of your choice**, such as potatoes, sweet potatoes, carrots, asparagus, kale, spinach, peppers, zucchini, mushrooms, etc. Hard veggies should be cut smaller (about 1/2"), softer veggies can be cut a little larger. Leafy greens can simply be torn into large pieces. Note that fresh veggies are best for this recipe - canned will be too soft and frozen will create too much liquid in your sheet pan. But this recipe is very versatile, so try it with whatever fresh veggies you love that you have on hand!
- **1-2 cups canned chickpeas/other large white bean such as white kidney (dark beans can get a bit dry), rinsed & very well drained**
- **Salt and pepper to taste and pinches of other seasonings you like**, such as oregano, onion powder, chili powder, parsley and/or thyme etc., if desired

Directions:

1. PREHEAT OVEN TO 425 DEGREES

On a very large (about 12" x 18") foil-lined, shallow-sided sheet pan, toss all ingredients well (except for leafy greens which you should add about halfway through cooking time) and spread out evenly. Be sure you are using a large enough pan so that it is not overcrowded.

2. ROAST ABOUT 25-35 MINUTES/ UNTIL MEAT AND VEGGIES ARE COOKED

You can toss once if necessary, but things will caramelize more if you leave them alone as long as possible

3. ... JUST KIDDING; THERE IS NO THIRD STEP!

You're all done! How easy was that?!



There are loads of reasons why these suppers are so popular: They fit the bill for a family meal that's simple, versatile, healthy, low-fuss and super-quick to clean up!



Switch up your ingredients and flavourings to make a new 'one-pan wonder' every time!



For a little extra "oomph", try drizzling on a little bbq or hot sauce during the last few minutes of cooking!



*No lemon? No problem! Use 2 Tbsp lime juice/ balsamic vinegar or 1/4 cup vinaigrette such as Italian or balsamic dressing in its place!



Add some crumbled or grated cheese during the last few minutes of cooking for a delicious twist!