

RAINBOW SHEET PAN CHICKEN



Meal Kit Recipe

Enjoy this healthy and
delicious recipe.

INGREDIENTS

1 large chicken breast
½ red bell pepper
½ yellow bell pepper
1 small head of broccoli
1 zucchini
1 medium sweet potato
3 Tbsp olive oil
½ lemon
1 tsp Italian seasoning
1 tsp garlic powder
1 tsp onion powder
1 Tbsp grated
Parmesan cheese

(instructions on the back) 

NUTRITION *Night*



CULTIVATE HOPE

**CORNER
STORE**



INSTRUCTIONS

- 1) Preheat the oven to 400 degrees Fahrenheit and spray a large sheet pan with cooking spray.
- 2) Dice the sweet potatoes and place in a large bowl. Drizzle with 1 Tbsp olive oil, and sprinkle with salt and pepper. Toss to coat and then spread in a single layer on the baking sheet.
- 3) Bake the sweet potatoes for 10 minutes while you dice the rest of the vegetables and chicken into bite sized pieces.
- 4) In the bowl that you used previously, place the chicken, broccoli, bell pepper, and zucchini. Drizzle with the remaining 2 Tbsp of olive oil.
- 5) Add lemon zest and juice from $\frac{1}{2}$ of a lemon, Italian seasoning, garlic powder, onion powder, and salt and pepper. Toss to coat.
- 6) Transfer the chicken and vegetable mixture to the sheet pan with the sweet potatoes, then spread everything into an even layer.
- 7) Bake for an additional 15 to 20 minutes, stirring halfway through, until the chicken is thoroughly done. Once finished, sprinkle with Parmesan cheese and enjoy!

