

SHEET PAN MEDITERRANEAN CHICKEN & VEGETABLES

Marinade Ingredients:

- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1-2 tsp salt
- 1 tsp pepper
- Juice of a whole lemon
- 1/2 cup mild vinegar such as red wine, apple cider, or rice wine.
- 1 Tbsp honey
- 2 fresh garlic cloves, minced
- 1/2 cup olive oil



Sheet Pan Ingredients

- 6-8 chicken pieces - bone in, skin on (breast, thigh, leg, or a combination)
- 1 medium eggplant, cut into 1 inch pieces
- 1 medium russet potato, cut into 1 inch cubes
- 1 bell pepper, cut into 1 inch pieces
- 1 yellow onion, cut into 1 inch pieces
- 1 lemon, sliced into 1 inch slices
- * Additional optional veggies to add: zucchini, squash, tomatoes, etc
- *Optional fresh herbs such as parsley, oregano or dill for garnish.



GOOD SOUL
NUTRITION

SERVES: 6-8

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Directions:

1. Preheat your oven to 400 degrees Fahrenheit.
2. In a small bowl, prepare the marinade by combining all the ingredients. Chop the veggies accordingly and get the chicken ready. Place the veggies and chicken in separate large bowls.
3. Pour half of the marinade over the chicken pieces and the remaining half over the veggies. Cover and let them marinate in the fridge for at least 15 minutes or up to 1-4 hours (or overnight) before roasting.
4. To prevent sticking, line a 12 x 15 sheet pan with parchment paper or grease it. Start by layering the veggies on the pan, then place the chicken on top with the skin side up.
5. Roast in the preheated oven for 45-50 minutes or until the chicken reaches an internal temperature of 165 degrees Fahrenheit. Once done, allow it to sit and rest for approximately 15 minutes.
6. Serve this delightful dish with fresh herbs, tzatziki, hummus, or over rice for an even heartier experience!

Optional Recommendations: For a crispier outer crust, consider searing off the chicken in a sauté pan on the stove for 3-4 minutes on each side before roasting.



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