



Chicken Sheet Pan Meal

Ingredients

- 3 cups sweet potatoes, peeled/diced
- 4 Tbsp olive oil
- 1 lb. chicken breast, diced 1 inch pieces
- 4 cups frozen broccoli, thawed
- 1/2 medium onion, diced
- 3 tsp poultry seasoning
- 1/2 cup pecans
- 1/3 cup raisins
- salt and pepper

Plus One - zucchini

Directions

1. Preheat oven to 400 degrees. Place sweet potatoes in a mound on a rimmed baking sheet, pour 1 Tbsp oil over top and toss evenly to coat. Spread into an even layer and roast in oven for 15-20 minutes, until slightly soft.
2. Remove from oven, add chicken pieces and onion around sweet potatoes randomly. Drizzle with remaining 3 Tbsp olive oil. Sprinkle with poultry seasoning, salt and pepper. Toss again to evenly coat and spread out evenly.
3. Return to oven and roast 16-20 minutes longer, until chicken cooked through. Add broccoli in last 5 minutes.
4. Remove from oven, toss in pecans and cranberries. Serve immediately.