

CHICKEN AND SWEET POTATO SHEET PAN DINNER

This dinner is easy to prepare, and can easily be adjusted to feed a crowd! Adjust seasonings and vegetables depending on the season.

6 servings

INGREDIENTS

- 24 oz of chicken, dark meat, thigh, meat and skin, with added solution, raw [678 g]
- 2 units, 5" long of sweet potato, raw, unprepared [260 g]
- 1 large head [6-7" dia.] of cauliflower, raw [840 g]
- 1 bunch of broccoli, raw [608 g]
- 2 cups, chopped of onions, raw [320 g]
- 4 tablespoons of oil, olive, salad or cooking [54 g]
- 1 tsp of salt, table [6 g]
- 1 tsp, ground of spices, pepper, black [2 g]
- 1 tsp of spices, rosemary, dried [1 g]

COOKING METHOD

- 1° Preheat the oven to 450 degrees. On a large sheet pan, toss the vegetables and the chicken with the olive oil, salt, pepper, and rosemary.
- 2° Arrange the vegetables in a single layer on the pan, and place the chicken on top, skin side up. If the pan is very crowded, you may need to use two, so that everything gets brown and crispy instead of steamed.
- 3° Bake for 60 minutes, or until the chicken registers 165 degrees internally. Divide the vegetables on 6 plates, and top each with a chicken thigh. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (462 g)	% DRI
ENERGY	94 kcal	432 kcal	22 %
FAT	6 g	26 g	41 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	30 %
CHOLESTEROL	23 mg	107 mg	36 %
SODIUM	143 mg	661 mg	28 %
CARBOHYDRATE	6 g	28 g	9 %
SUGARS	2 g	8 g	—
FIBER	2 g	8 g	31 %
PROTEIN	6 g	26 g	—