

Sheet Pan Roasted Garlic & Herb Chicken and Veggies

Chicken and your veggies coated with garlic and herbs and baked to perfection. This simple no fuss sheet pan dinner is ready in under 25 minutes and is also great for meal prep too



Ingredients

- 1 1/2 lbs. boneless skinless chicken breasts cut into 1-inch pieces
- 2 cups broccoli florets
- 1 large zucchini cut 1 into inch pieces
- 1 medium onion cut into 1 inch pieces
- 1 bell pepper any color, cut into 1 inch pieces
- 1 cup grape tomatoes cut into 1 inch pieces
- For the Garlic & Herb marinade:
- 1/4 cup olive oil
- 4 cloves garlic crushed or finely chopped,
- 2 tablespoons Gourmet Garden lightly dried parsley or chive or basil
- 2 tablespoons Gourmet Garden lightly dried cilantro
- 1 teaspoon chili pepper flakes
- Salt and freshly ground black pepper
- 1 teaspoon ginger optional
- juice of 1/2 lime
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Instructions

1. Preheat oven to 450F.
2. In a medium bowl, whisk the garlic, herbs, salt and pepper and lime juice.
3. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine with hands until all the chicken and veggies are coated.
4. Bake for 20-22 minutes or until the chicken and veggies are cooked through.
5. Serve immediately with rice or quinoa or cool to room temperature.