



MEDITERRANEAN SHEET PAN CHICKEN & VEGGIES

Lean protein, heart-healthy olive oil, and colorful vegetables make this a flavorful, heart-healthy meal.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
4

Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Place chicken and vegetables on the baking sheet.
3. Drizzle with olive oil and add garlic, herbs, salt, and pepper. Toss to coat evenly.
4. Spread everything in a single layer.
5. Roast for 25–30 minutes, stirring halfway through, until chicken is cooked through and vegetables are tender.
6. Serve with a squeeze of fresh lemon and optional feta or olives.

Storage Tips:

Store leftovers in an airtight container in the refrigerator for up to 3–4 days. Reheat gently or enjoy cold in a salad or wrap.

Ingredients

- 1½ lbs boneless, skinless chicken breast, cut into chunks
- 3 cups mixed vegetables (bell peppers, zucchini, red onion, cherry tomatoes)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil or Italian seasoning
- Salt and black pepper, to taste
- Lemon wedges, for serving
- Optional: crumbled feta or olives