



Sheet Pan Vegetable Rainbow with Chicken or Chickpeas

Makes 4 servings

- 1 medium sweet potato, diced into ½ inch cubes
- Olive oil
- Sea salt
- Ground black pepper
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes
OR 1 (15 ounce can chickpeas/garbanzo beans)
- 1 small head broccoli, cut into florets
- 1 red bell pepper, cored and cut into ½ inch pieces
- 1 zucchini, halved and cut into ½ inch half moons
- 1 yellow squash, halved and cut into ½ inch half moons
- Zest and juice of 1 lemon
- 3 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1/3 cup freshly grated Parmesan cheese (optional)

1. Preheat oven to 400F.
2. Place sweet potato on a large baking sheet, optionally lined with parchment paper for easy clean up. Drizzle with 1 tablespoon olive oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon ground black pepper. Toss to coat, spread over baking sheet, and bake for 10 minutes.
3. Meanwhile, place chicken or chickpeas, broccoli, bell pepper, zucchini, 3 tablespoons olive oil, lemon zest and juice, Italian seasoning, garlic powder, ½ teaspoon salt, and ¼ teaspoon black pepper. Toss to coat.
4. Transfer chicken and vegetable mixture to the sheet pan and spread everything out into a single layer. Bake 15-20 minutes, stirring once halfway through, or until chicken is cooked through and vegetables are tender. Sprinkle with Parmesan.

Note: Serve with a side of rice, quinoa, or another grain, tossed in with cooked pasta, or added to fresh arugula or other salad greens with a bit of extra olive oil and lemon juice for a delicious salad.