

# Sheet Tray Chicken + Veggies

Easiest Dinner Ever!

Well, at least one that's made from scratch! I get asked all the time "What's your go-to dinner when you're short on time?"

This is what I tell them. I call it Sheet Tray Chicken. The whole dinner is roasted on one tray. I can get it prepped in about the time it takes to preheat my oven to 425F.

It is essentially whatever is in my veggie bins, chicken thighs, roughly chopped garlic, spices and whatever herbs I have all roasted together on the same tray at high heat. If I am really tired or short on time I skip the garlic and herbs and use a tasty dried spice blend instead.

The beauty of this recipe is the reciprocity of the chicken and plants as it cooks. The chicken gets hot and some of its juices and fat melt and flavor the plants and the plants (garlic, herbs + veggies) flavor the chicken in return. All this is done through chemistry in a very hot oven while I am lounging on the couch for 30 minutes (or more likely picking up the house, doing laundry, running after my kid 🤪)

## Ingredients

4 chicken thighs

8 cups assorted vegetables, cut in 1-inch pieces

2 tablespoons chopped herbs, like thyme, rosemary or oregano

3 garlic cloves, grated or minced

2 tablespoons olive oil

1/2 teaspoon black pepper

## Directions

### Serves 4

Preheat your oven to 425° F.

Toss all items together on a sheet tray. Spread out evenly and roast for 30 minutes, turning the tray halfway through.

Serve with yogurt dipping sauce, mustards, pestos, salad dressings or just eat as is!

- I used eggplant, cauliflower, yam, broccoli and red bell pepper because they all roast at about the same length of time together. But you can swap out whatever veggies you like. ■