



Lemon Garlic Chicken & Veggie Sheet Pan Dinner

healthy, flavorful, and requires almost zero cleanup



Ingredients

- 1½ lbs boneless, skinless chicken breast or thighs
 - 2 cups broccoli florets
 - 1 red bell pepper, sliced
 - 1 zucchini, sliced
 - 1 red onion, sliced
 - 2 tablespoons olive oil
 - 3 cloves garlic, minced
 - Zest + juice of 1 lemon
 - 1 teaspoon Italian seasoning
 - ½ teaspoon paprika
 - Salt & pepper to taste
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Instructions

1. Preheat oven to **400°F (205°C)**. Line a sheet pan with parchment or foil.
 2. Add chicken and vegetables to the pan.
 3. Drizzle with olive oil, lemon juice, and lemon zest.
 4. Sprinkle with garlic, Italian seasoning, paprika, salt, and pepper.
 5. Toss everything well and spread in an even layer.
 6. Roast for **25–30 minutes**, flipping once halfway, until chicken is cooked through and veggies are tender.
 7. Optional: Broil for 2–3 minutes for extra browning.
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Why You'll Love It

- ✓ Balanced protein + veggies
- ✓ One pan = easy cleanup
- ✓ Great for weeknights or meal prep