

Honey BBQ Chicken & Sweet Potato Sheet Pan Dinner

Serves: 4

Ingredients

- 1½ lbs boneless, skinless chicken breasts, cut into large chunks
- 2 medium sweet potatoes, diced into 1-inch cubes
- 1 (12 oz) bag broccoli florets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Salt and black pepper to taste
- ½ cup favorite BBQ sauce (choose one lower in added sugar if desired)

Optional Garnishes

- Chopped green onions
 - Fresh parsley
 - Sesame seeds
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Instructions

1. **Preheat** oven to **425°F** and line a large sheet pan with parchment paper.
 2. Toss the sweet potatoes with half of the olive oil, garlic powder, smoked paprika, salt, and pepper. Spread on one side of the sheet pan and bake for **10 minutes**.
 3. Meanwhile, toss the chicken with the remaining olive oil, a little salt and pepper, and half of the BBQ sauce.
 4. Remove the pan from the oven. Add the chicken and broccoli to the pan. Drizzle the broccoli lightly with any remaining olive oil and season with a pinch of salt and pepper.
 5. Return to the oven and bake for **15–18 minutes**, or until the chicken reaches **165°F**.
 6. Brush the remaining BBQ sauce over the chicken during the last 5 minutes of cooking.
 7. Garnish with green onions or parsley before serving.
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Nutrition Highlights (Per Serving)

- **Protein:** 35–40g
 - **Fiber:** 8–10g
 - Rich in vitamin A and vitamin C
 - Balanced meal with lean protein, vegetables, and fiber-rich carbohydrates
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Meal Prep Tips

- Portion into meal prep containers for lunches throughout the week.
- Stores well in the refrigerator for up to **4 days**.
- Pair with a side salad or fresh fruit for an easy, complete meal.