

SHEET PAN CHICKEN AND SWEET POTATOES

A filling family dinner with affordable staples!

Serves: 4

INGREDIENTS

- 1 lb. chicken breast or thighs
- 2 sweet potatoes, cubed
- 1 broccoli crown, chopped
- 1 tbsp olive oil
- 1 tsp garlic powder

DIRECTIONS

1. Heat oven to 425°F.
2. Toss ingredients with oil and seasonings.
Add salt and pepper to taste.
3. Spread on a baking sheet.
4. Roast 25–30 minutes until chicken is cooked through.

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with a one-pan meal
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