

# Come Cook with Us - Fall 2022

## Chicken Sheet Pan Dinner

Portions: 6

Serving size:  $\frac{1}{6}$  of the recipe

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hr

### Ingredients:

- 4 boiled potatoes, chopped into chunks
- 3 carrots, chopped into 1-inch pieces
- 3 stalks of celery, chopped into 1-inch pieces
- 2 onions, thinly sliced into wedges
- 1 bell pepper yellow or any color, chopped into 1-inch pieces
- 1 whole chicken, cut up
- $\frac{1}{4}$  cup homemade chicken stock
- $\frac{1}{2}$  cup olive oil
- 1 lemon, juiced (~3 tbsp)
- 4 garlic cloves, minced
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp Dijon mustard or any type you prefer
- $\frac{1}{2}$  tsp black pepper
- 2 tbsp finely chopped fresh parsley



### Instructions:

1. Preheat the oven to 375 degrees Fahrenheit. In a small bowl, whisk together the chicken stock, oil, lemon juice, garlic, oregano, thyme, mustard, and pepper.
2. Place the cut up chicken in a bowl and pour  $\frac{2}{3}$  of the marinade on top, then use your hands to toss the chicken in the marinade and make sure it's well coated. Marinate the chicken for 10 to 15 minutes.
3. Meanwhile toss the boiled potatoes (double boiled if you are reducing potassium), bell pepper, onion, celery and carrots with the remaining dressing and plan onto the baking sheet.
4. Nestle the chicken around the veggies on the baking sheet,
5. Bake for 45 minutes. The chicken needs to reach an internal temperature of 165 Fahrenheit for food safe consumption.
6. Sprinkle the chicken and vegetables with chopped fresh parsley to serve. Recipe

adapted from [Greek Sheet Pan Chicken](#) by Lisa Bryan.