



Sheet Pan Chicken With Artichoke Tomato Zucchini

SHEET PAN CHICKEN WITH ARTICHOKES, CHERRY TOMATOES AND ZUCCHINI

SERVES 6

.....

1 ½ pounds boneless, skinless chicken breasts and/or thighs, sliced into 1-inch strips

*1 teaspoon sea salt, plus extra for sprinkling vegetables
freshly ground black pepper to taste*

1 teaspoon paprika

pinch of crushed red pepper

¾ teaspoon garlic powder or granulated garlic

3 Tablespoons unrefined, extra-virgin olive oil or avocado oil, divided

1 pint cherry tomatoes

5 ounces frozen artichoke hearts, defrosted and patted dry

2 medium zucchini, cut into ½-inch rounds

.....

1. Place the chicken in a large container and sprinkle with salt, pepper, paprika, crushed red pepper, garlic powder and 1 Tablespoon olive oil. Mix together until well coated. Cover and refrigerate for 1 hour or up to 24 hours.
2. Preheat oven to 425 degrees and line a rimmed full-size sheet pan with parchment paper, unless you are using a stainless steel pan (you should grease the stainless pan). Or use two smaller sheet pans.
3. Toss the vegetables with 2 Tablespoons of oil, a pinch of salt and pepper.
4. Arrange the chicken and vegetables on the sheet pan(s) in one layer.
5. Bake for about 18-20 minutes until chicken is cooked through (do less time if you plan to cover and it and serve it later.) If you put more than one sheet pan in the oven, consider cooking on convection at 400 degrees.