

FAME Plate Sheet Pan Meal Recipe

Servings: 4

Ingredients:

Chicken & Vegetables:

- 1-pound cubed boneless, skinless chicken thighs
- 3 tablespoons avocado oil
- ½ of a lemon, juiced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons dried Italian seasoning (or spice blend of choice)
- 4 garlic cloves, minced
- 6-8 cups diced, assorted seasonal vegetables
 - Spring/Summer: asparagus, snap peas, cauliflower, broccoli, mushrooms, zucchini, bell peppers, eggplants, cherry tomatoes, green beans, and onions
 - Fall/Winter: delicata or butternut squash, brussels sprouts, broccoli, cauliflower, cabbage, onions, parsnips, carrots, and onions



Roasted Red Pepper Sauce:

- 1 (12-ounce) jar roasted red peppers, drained
- 1 clove garlic
- 1 tablespoon olive oil
- 2 teaspoons paprika
- 2 teaspoons cumin
- ½ of a lemon, juiced
- Pinch of salt
- Pinch of black pepper

Directions:

1. Preheat the oven to 400°F and line a large, rimmed sheet pan with parchment paper.
2. Place cubed chicken in a large mixing bowl. Toss with 1 tablespoon avocado oil, lemon juice, 2 cloves minced garlic, ½ teaspoon salt, ¼ teaspoon black pepper, and 1 tablespoon Italian seasoning. Set aside. Chicken can also be marinated an hour ahead of time to overnight for more flavor.
3. Chop your vegetables and toss with the remaining 2 tablespoons of avocado oil, ½ teaspoon salt, ¼ teaspoon pepper, 2 tablespoons Italian seasoning, and 2 cloves minced garlic.
4. Spread the vegetables into an even layer on the large sheet pan and place the marinated chicken throughout the pan.
5. Place the pan in the oven for 30-45

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minutes until the internal temperature of the chicken is 165°F and the vegetables are tender. Root vegetables tend to take longer to cook, while more delicate vegetables take less time.

6. While the chicken and vegetables are roasting, prepare roasted red pepper sauce by adding all the ingredients to a blender or food processor. Blend for about 30 seconds, or until pureed. Set aside.
7. Once chicken and vegetables are done, add to a plate and top with roasted red pepper sauce. Serve and enjoy!

Kitchen Supplies:

Cutting board & knife

Measuring utensils

Garlic mincer

Lemon squeezer

Medium or large mixing bowls

Large, rimmed sheet pan

Parchment paper

Blender or food processor

Advance Prep:

- Cube and marinate chicken
- Have all ingredients measured and vegetables chopped
- Preheat oven