



Cheryl's

ONE-PAN CHICKEN DINNER

WITH

PEPPERS, VEGGIES & HERBS

Easy, colorful, and packed with flavor — everything cooks together in one pan.



INGREDIENTS

- 2 large chicken breasts (or 4 thighs)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 1 zucchini, sliced ~ 1 yellow squash, sliced
- 2 carrots, sliced ~ 1 small onion, sliced
- 3 cloves garlic, minced ~ 2 tbsp olive oil

SEASONING

- 1 tsp basil ~ 1 tsp parsley
- ½ tsp oregano ~ ½ tsp thyme
- ½ tsp paprika ~ Salt & pepper

Optional: pinch red pepper flakes



INSTRUCTIONS

- 1 Preheat oven to 425°F.
- 2 Line a sheet pan or use a large baking dish.
- 3 Place sliced vegetables on pan. Drizzle with olive oil and half the seasoning.
- 4 Lay chicken on top or in center. Rub chicken with remaining seasoning and a little oil.
- 5 Bake 25–35 minutes until chicken reaches 165°F. Broil last 2 minutes for extra color if desired.



OPTIONAL FLAVOR FINISH: Fresh lemon juice, Parmesan cheese, Balsamic drizzle, Fresh parsley.



SERVE WITH: Rice, Roasted potatoes, Quinoa, Crusty bread.



HEALTHY TIP: Use chicken breast for leaner meal, thighs for juicier flavor.



EXTRA DELICIOUS VERSION: Add baby potatoes to the pan so it becomes a full meal.



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Simple ingredients. Herbal goodness.

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