



Chicken – Potato – Asparagus Sheet-Pan Meal

Olive oil

Salt

Pepper

Packet of dry onion soup mix

2 boneless, skinless chicken breasts

Handful of smaller red potatoes

One bunch of asparagus washed and ends snapped off

Set oven to 425°. Foil line a sheet pan, making a dividing wall.

- Take baby red potatoes and quarter them length wise. Mix a little olive oil and dry onion soup mix in bowl and then toss in potatoes. Spread out on one section of your cookie sheet and bake 15-20 minutes, until somewhat tender.
- Take chicken breast and cut into smaller, like sized/thickness pieces. Season with salt & pepper to taste. Smear a little sour cream or mayo on the pieces and roll in panko or crushed crackers.
- Take washed asparagus and cut into 2-inch bites, sprinkle a little olive oil, salt & pepper over them.
- When you take out the potatoes, use a little cooking spray on the chicken section then place chicken in one section and the asparagus in another.
- Roast an additional 20 minutes until chicken is cooked thoroughly and potatoes have browned.

I've seen recipes where people have their meats and veggies all over one pan, but I'd rather not have everything flavored the same. You can change up the veggies (broccoli and sweet potatoes) and meats (steak and peppers for fajitas) and try adding fresh herbs, like rosemary, sage and different rubs on the meats, even leaving the skin on the chicken for extra flavor. You can go with Mexican flavors, or Thai or BBQ - the possibilities are endless!