

Mediterranean Inspired Sheet Pan Dinner

YIELD: SERVES 6

TOTAL TIME: 45 MINUTES

INGREDIENTS

- ½ medium onion
- 1 zucchini
- 2 handfuls of mushrooms
- 1 red pepper
- ½ lb green beans (1-2 handfuls)
- 1-pint grape tomatoes
- A protein:
 - 4 boneless skinless chicken thighs, 1 can chickpeas or a chunk of cheese (feta, goat, haloumi)
- ¼ cup olive oil, divided
- ¼ cup balsamic vinegar, divided
- ¾ teaspoon salt, divided (less if using cheese)
- ¼ teaspoon ground pepper, divided
- 2 teaspoons Italian seasoning, divided
- 1 ½ tsp garlic powder, divided

SIDE DISH

- 1 cup quinoa
- 2 cups water
- ½ teaspoon salt
- Note: quinoa triples in size; 1 cup raw = 3 cups cooked

DIRECTIONS

1. Preheat oven to 425F. Line a large baking sheet with parchment paper (for easier clean up).
2. Prepare your protein: if using chicken & chickpeas, place chicken in a bowl, rinse chickpeas and add to bowl. Add half of the olive oil, balsamic vinegar, salt, pepper, herbs, and garlic powder. Toss well and set aside. If using cheese, cut into chunks or thick slices and add to the marinade.
3. Prepare vegetables: peel and slice the onion. Cut zucchini into half moons. Core and chop pepper into 1-inch chunks. Trim ends off beans. Depending on size, cut mushrooms in half.
4. Combine all vegetables in a bowl and slather generously with olive oil, herbs, salt, and pepper.
5. Prepare quinoa: rinse under running water in a fine mesh colander (helps remove some of the bitter taste). Place quinoa, water, and salt into a pot, bring to a boil then reduce heat to a simmer for 15 minutes. Once all water is absorbed and quinoa is soft, remove from heat. Fluff with a fork before serving.
6. Arrange vegetables on a baking sheet with protein in the middle. If using haloumi, add it after 20 minutes of baking as it only requires 5 minutes to bake.
7. Bake for 20-30 minutes, until chicken is cooked (165F or 75C), and veggies are tender.

NOTES

- This recipe can be made with a white fish like sole or cod. Follow the same steps but bake for ~20 minutes, until fish can be flaked with a fork.