Sheet Pan Lemon Chicken and Broccoli Dinner



This simple dinner comes together on one pan! ***Sheet Pan Lemon Chicken and Broccoli*** *along with crispy parmesan potatoes is a complete meal--with such little effort! This dinner recipe is one the whole family will beg for every week!*

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Main Course Cuisine: American Servings: 4

Ingredients

- 8 boneless skinless chicken thighs approx. 1 ½ lbs.
- 1 lb petite gold potatoes cut into bite sized pieces
- 2 T grated parmesan for the potatoes, more for serving if desired
- 1 large head of broccoli, chopped about 4 cups florets

Marinade:

- ½ c olive oil
- ⅓ c fresh lemon juice 1
- T lemon zest
- 1 T honey
- 4-5 garlic cloves minced
- 2 T Italian seasoning
- 1 tsp sea salt
- 1 tsp pepper

Instructions

1. Preheat oven to 425°F.
2. Whisk together marinade ingredients. Add 3 tablespoons of the marinade to the potatoes along with the parmesan and toss to fully and evenly coat. Line a large sheet pan with parchment paper and evenly arrange the potatoes in a single layer.
3. Bake the potatoes in preheated oven for about 20 minutes or until they start to brown.
4. While potatoes cook, toss 1/2 cup of the marinade with the chicken thighs and allow them to marinate. (You can do this step up to 24 hours in advance if desired.) Toss remaining marinade with the broccoli (save a dish and use the same bowl you used for the potatoes!)
5. When the potatoes start to brown, remove sheet pan from oven and shift them to one third of the pan. Add the broccoli and chicken, allowing excess oil to drip from the chicken before adding to pan.
6. Bake for about 25 minutes or until the chicken has reached an internal temperature of 165°F. For best results, check the temperature at 20 minutes and then every 2-3 minutes.
7. Remove the pan from the oven and allow to rest for about 5 minutes before serving. For extra crispy potatoes, you can also broil on high for about 2-3 minutes after removing the chicken.

8. Serve with freshly grated parmesan, extra lemon zest and some chopped fresh parsley. Enjoy!

Notes

- **For best results, use chicken of similar size.** If you have a variety of thicknesses across your pieces of chicken, they will not cook evenly and you will end up with some overcooked chicken and others undercooked. If you have the ability to select your pieces at a butcher shop, that will help keep sizing more uniform.
- **Use two sheet pans if it feels too crammed.** I have a large sheet pan and everything fit just right. If you have an extra large sheet pan, you will have much more space to keep the chicken and veggies from touching which will make for quick and crispier cooking.

Nutrition

Calories: 574kcal | Carbohydrates: 35g | Protein: 50g | Fat: 27g | Saturated Fat: 5g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 15g | Trans Fat: 0.04g | Cholesterol: 217mg | Sodium: 865mg | Potassium: 1400mg | Fiber: 6g | Sugar: 7g | Vitamin A: 693IU | Vitamin C: 114mg | Calcium: 150mg | Iron: 5mg