



Makes 6 servings

SHEET PAN CHICKEN WITH ARTICHOKES, ZUCCHINI AND CHERRY TOMATOES

INGREDIENTS

- 1 teaspoon sea salt, plus extra for sprinkling vegetables
- Freshly ground black pepper to taste
- 1 teaspoon paprika
- 1 teaspoon garlic powder or granulated garlic
- Pinch of crushed red pepper
- 1 1/2 pounds boneless, skinless chicken breasts and/or thighs, sliced into 1- inch strips
- 3 tablespoons unrefined, extra-virgin olive oil or avocado oil, divided
- 1 pint cherry tomatoes
- 5 ounces frozen artichoke hearts, defrosted and patted dry
- 2 medium zucchini, cut into 1/2-inch rounds

INSTRUCTIONS

In a small bowl, whisk together the salt and spices. Place the chicken in a large container and drizzle with 1 tablespoon olive oil and spices. Mix together until well coated. Cover and refrigerate for 1 hour or up to 24 hours.

Preheat oven to 425° F and line a rimmed full-size sheet pan with parchment paper, unless you are using a stainless steel pan (you should grease the stainless pan). Or use two smaller half-sheet pans.

Arrange the vegetables on the prepared sheet pan(s) and toss with olive oil. Sprinkle with salt and pepper.

Arrange the chicken amongst the vegetables in one layer, if possible. Bake for about 18 to 20 minutes until chicken is cooked through (do less time if you plan to cover and it and serve it later.) Cut a piece open if you're not sure. There should be no pink color inside.

If you put more than one sheet pan in the oven, consider cooking on convection at 400° F s for the same amount of time, but do check it a few minutes early to be safe.