

Sheet Pan Parmesan Chicken and Veggies

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

This extracrispy sheet pan chicken and veggies dinner is baked on one pan and packed with flavor

Ingredients

- - 1 tablespoon dried oregano - 1 tablespoon dried parsley - 1 teaspoon paprika - ½ teaspoon garlic powder - ¼ teaspoon seasoned salt
- or to taste - ¼ teaspoon ground black pepper
- or to taste - ½ pound fresh green beans
- trimmed - 1 small red potato
- diced - 1 sweet bell pepper
- chopped - 1 cup broccoli florets
- chopped - 1 tablespoon minced garlic - 3 tablespoons olive oil - ? cup all-purpose flour - 4 tablespoons butter
- melted - 1 cup panko bread crumbs - 1 cup freshly grated Parmesan cheese
- divided - 1 ½ pounds skinless
- boneless chicken breasts
- pounded flat and excess fat removed - 1/2 cup mayonnaise (Optional) - 1/4 cup ketchup (Optional) - 1/2 tsp garlic powder (Optional) - 1/4 tsp Worcestershire sauce (Optional)

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a sheet pan with parchment paper. Combine oregano
2. parsley
3. paprika
4. garlic powder
5. seasoned salt
6. and pepper in a small bowl. Dotdash Meredith Food Studios Place green beans
7. potato
8. bell pepper
9. broccoli
10. and garlic onto the prepared sheet pan. Drizzle with olive oil and sprinkle with 1/2 of the seasoning mix; toss to coat. Dotdash Meredith Food Studios Place flour into a bowl. Place melted butter into a second bowl. Mix panko
11. 2/3 cup Parmesan cheese
12. and the remaining seasoning mix together in a third bowl. Slice chicken into 1 1/4-inch strips
13. then coat in flour. Dredge floured strips in melted butter
14. dripping excess butter back into the bowl. Press into Parmesan-panko mixture until heavily coated on both sides. Dotdash Meredith Food Studios Push veggies to one half of the sheet pan. Place coated chicken strips onto the other side. Sprinkle any remaining Parmesan-panko mixture over chicken
15. pressing to adhere. Bake in the preheated oven for 10 minutes. Flip chicken strips and stir veggies
16. then continue to bake until chicken juices run clear and veggies are crisp-tender
17. 10 to 15 more minutes. An instant-read thermometer inserted into the center of the chicken should read at least 165 degrees F (74 degrees C). Dotdash Meredith Food Studios Meanwhile
18. make the dipping sauce: Whisk mayonnaise
19. ketchup
20. garlic powder
21. and Worcestershire sauce together in a small bowl. Dotdash Meredith Food Studios Remove chicken and veggies from the oven. Toss veggies with remaining 1/3 cup Parmesan cheese. Serve with dipping sauce. Recipe Tips You can use mini sweet peppers in place of the regular bell pepper. To save time
22. use chicken tenders instead of boneless chicken breasts.