

Vegetarian Sheet Pan Dinner with Chickpeas and Veggies

Jacob · 28/09/2024

**Prep Time**

1 hr 10 mins

Difficult

Medium

Servings

8

Description

Adding chickpeas to root vegetables on a sheet pan makes for an easy dinner. Make sure to cut the vegetables the same size so they cook properly.

Ingredients

- - 3 medium russet potatoes
- cut into 1-inch pieces - 2 (15 ounce) cans chickpeas
- rinsed and drained - ½ butternut squash - peeled
- seeded
- and cut into 1-inch pieces - 1 sweet potato
- peeled and cut into 1-inch cubes - 1 onion
- diced - 2 large carrots
- cut into 1 inch pieces - 3 tablespoons vegetable oil - 1 teaspoon salt - 1 teaspoon onion powder - 1 teaspoon garlic powder - 1 teaspoon ground fennel seeds - 1 teaspoon dried rubbed sage - ½ teaspoon ground black pepper - 2 green onions
- chopped (Optional)

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a large sheet pan. Place russet potatoes
2. chickpeas
3. butternut squash
4. sweet potato
5. onion
6. and carrots on the prepared sheet pan. Drizzle with oil and toss to coat. Combine salt
7. onion powder
8. garlic powder
9. fennel seeds
10. sage
11. and black pepper in a small bowl. Sprinkle over vegetables and toss to coat. Bake in the preheated oven for 25 minutes. Stir and continue baking until vegetables are soft and lightly browned and chickpeas are slightly crisp
12. 20 to 25 minutes more. Season with more salt and black pepper to taste. Top with green onions to serve.