

Sheet Pan Chicken with Rainbow Veggies

By Chef Andy Ruszczyk



INGREDIENTS:

- 2 sweet potatoes, diced
- 1/3 cup plain, non-fat Greek yogurt
- 3 Tbsp. olive oil
- dash of salt and pepper
- 1 lb. boneless, skinless chicken breasts, chopped
- 2 green bell pepper, chopped
- 2 yellow squash halved lengthwise, then cut into 1/2-inch-thick half moons
- juice of 1 lemon
- 5 tsp. Italian seasoning
- 2 tsp. garlic powder
- 2 tsp. onion powder

For the Tzatziki Sauce:

- 1/3 cup sour cream
- 1 cup plain, non-fat Greek yogurt
- 1 tsp. dried dill weed
- 1/4 Tbsp. garlic powder

DIRECTIONS:

1. Preheat oven to 400F.
2. In a large bowl, add sweet potatoes and drizzle with 1 Tbsp. olive oil. Season with salt and black pepper.
3. Spread sweet potatoes on a baking sheet lined with parchment paper. Bake for 10 minutes or until outsides are softened.
4. In a separate bowl, add chicken, 1/3 Cup Greek yogurt, and 1/2 seasonings. Mix well to combine.
5. In the same bowl as potatoes, add bell peppers, yellow squash, and any additional produce desired.
6. Add in remaining seasonings.
7. Transfer chicken and veggie mix to sheet pan with sweet potatoes. Spread evenly.
8. Bake for 15-20 minutes, stirring halfway through until chicken reaches 165F.

MEAL KIT SHOPPING LIST

 30 min

Yield: 6-8 servings



2 sweet potatoes



1 lemon



2 x plain nonfat Greek yogurt cups



1 x 8 oz. light sour cream



1lb. skinless chicken breast



2 green bell peppers



2 yellow squash

Seasonings and more:

- olive oil
- salt and pepper
- Italian seasoning
- garlic powder
- onion powder
- dried dill

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Cooking at Home

Grocery cost: \$21.65

Recipe cost: \$16.26

Cost per meal: \$2.03

*prices found at Wegmans as of May 2024