

# SHEET PAN CHICKEN WITH VEGETABLES

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**Servings:** Up to 4  
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**Cooking Time:** 40 Minutes  
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## INGREDIENTS

- 1 Package Farmer Focus Boneless Skinless Chicken Thighs
- 1 pound small red potatoes, quartered
- ½ pound baby carrots, halved lengthwise (We used organic baby carrots to save prep time, but can start with whole carrots if you prefer)
- 1 pound fresh green beans
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried sage\*
- 1 teaspoon dried basil\*
- 1 teaspoon dried oregano\*
- 1 teaspoon dried thyme\*
- 1 teaspoon freshly ground black pepper
- 1 1/2 teaspoons kosher salt

\*Italian seasoning mixes could replace herbs

Developed By: Farmer Focus



## DIRECTIONS

1. Preheat oven to 400°F. Cut potatoes into quarters and carrots in half length-wise. Place the chicken, potatoes, green beans, and carrots on a large baking sheet.
2. Mix the olive oil and lemon juice together with all of the spices. Drizzle the spice mixture over the chicken and vegetables. Stir the pieces around a bit and make sure everything is well coated.
3. Place the pan in the center of the oven and roast for approximately 30-40 minutes, until the chicken is golden brown and cooked through (165°F Internal Temperature) and vegetables are tender.