

Chicken Sweet Potato Bake



Ingredients:

- 2 lbs boneless, skinless chicken breast, cut into small cubes
- 2 sweet potatoes, slice down length of potato, about 1/4 in. (substitute squash)
- 6 cups broccoli florets
- 1 red onion, sliced into small strips
- 2 tbsp avocado oil, divided
- Salt and pepper

For the chicken seasoning:

- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp thyme

For topping:

- 1 lemon, juice of
- 2 avocados, sliced

Instructions:

1. Preheat oven to 400 degrees F and line 2 or 3 sheet pans with parchment paper. Use one for the chicken, one for the sweet potatoes and one for the veggies (veggies and chicken can be combined on one large pan).
2. Prepare chicken seasoning mix by combining all seasoning ingredients into a small bowl and mix well.
3. Cut chicken and place it on one of the sheet pans. Sprinkle seasoning over chicken and toss to coat. If you have leftover seasoning, use it to season the veggies. Set chicken aside while you prep the remaining ingredients.
4. Slice sweet potatoes as noted and place them on sheet pan. Drizzle with 1 tbsp avocado oil and season with salt and pepper. Toss to coat and place potatoes in the oven to roast for 30 minutes.
5. Chop broccoli and onion as noted and place them on the last sheet pan or with chicken. Drizzle with 1 tbsp avocado oil and season with salt and pepper. Toss to coat.
6. When the sweet potatoes have 20 minutes left, place chicken and veggies in the oven to roast.
7. Remove everything from the oven. Squeeze lemon juice over the veggies.
8. Serve everything together topped with avocado slices.