



**Sheet Pan Barbecue Chicken and Veggies**

This Sheet Pan Barbecue Chicken and Veggies is the perfect easy weeknight meal! Perfectly roasted sweet potatoes fries, crispy brussel sprouts and tender barbecue chicken breast all made on one pan, it couldn't be easier! This is a high protein, healthy dinner that the whole family will love.

Prep Time:10

minutes

minsCook Time:35

minutes

minsTotal Time:45

minutes

mins

Servings: 2 servings

## Ingredients

- 2 medium sized sweet potatoes
- 2 cups brussel sprouts
- 1 tbsp olive oil
- 1 chicken breast (about 8 oz)
- 2 tbsp barbecue sauce

### SPICE MIX

- 1 tbsp brown sugar
- 1 tbsp paprika
- 1/2 tbsp garlic powder
- 1/2 tbsp onion powder
- 1 tsp salt
- 1/4 tsp cayenne pepper



## Instructions

- Preheat oven to 425F. Line a large sheet pan with aluminum foil.
- Wash sweet potatoes and brussels sprouts. Slice the sweet potato into fries, and the brussels sprouts in half.
- In a small bowl mix together the brown sugar, paprika, garlic powder, onion powder, salt and cayenne pepper.

- Add the sweet potatoes to one half of the sheet pan and the brussel sprouts to the other half. Drizzle with olive oil and sprinkle over half of the seasoning mixture. Use your hands to toss the sweet potatoes and brussel sprouts so they are evenly coated.
- Bake veggies for 15 minutes.
- While the veggies are baking, slice the chicken breast in half lengthwise. Season with the remaining seasoning mixture and rub both sides of the chicken breast so they are fully coated.
- Remove the pan from the oven, toss the veggies, then make room in the center for the chicken. Add the chicken and return to the oven for 15 more minutes.
- After 15 minutes toss the veggies once more. Brush barbecue sauce over the tops of the chicken breast.
- Return to the oven and broil on high for 3-5 minutes, keeping a close eye on it so it doesn't burn. You want the veggies and chicken to have a slight char.
- Slice the chicken breast, then enjoy!