

Let's face it: sheet pan dinners are lifesavers. You can think of them as the extremely healthy version of microwave dinners, sans artificial ingredients and a microwave. Instead, they feature layers of fresh veggies and healthy fats, all roasting at once in a single layer while you wind down from a long day.

This sheet pan dinner features tender roasted chicken, beans, and sweet potatoes seasoned with our bright Citrus Salt + Pepper seasoning. It's sure to satisfy any palette, and you can easily double the ingredients for a bigger batch.

### **Sheet Pan Citrus Roasted Chicken with Beans + Sweet Potatoes**

*Prep: 15 minutes*

*Total: 55 minutes*

*Serves: 6*

#### **Ingredients:**

2-4 boneless chicken breasts or thighs  
2 lemons, 1 juiced and 1 sliced  
¼ cup Ava Jane's Kitchen Avocado Oil  
2 medium sweet potatoes, cut into 1 inch chunks  
1 sweet onion, sliced  
1 can (14 ounces) green northern beans or chickpeas, drained  
1 Tablespoon Ava Jane's Kitchen Citrus Salt + Pepper seasoning  
1 Tablespoon Ava Jane's Kitchen Yucatan Honey  
Fresh herbs for garnish

#### **Instructions:**

Preheat oven to 425° F.

On a rimmed baking sheet, combine the chicken, 2 tablespoons avocado oil, the lemon juice, lemon zest, citrus salt + pepper seasoning, and honey. Toss well to evenly coat the chicken.

Add the sweet potatoes, onions, and beans/chickpeas, and toss with the remaining 2 tablespoons avocado oil. Arrange everything in an even layer on your baking sheet, then add the lemon slices and transfer to the oven.

Roast for 40-45 minutes, tossing halfway through cooking until the chicken and potatoes are cooked through.

Garnish with fresh herbs and serve!

