

Mediterranean Sheet Pan Dinner

17 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees
2. Chop up all veggies
3. Mix the herbs with 1 T avocado oil
4. Rub half the marinade on the chicken. Toss the other half with the veggies.
5. Place veggies and garlic on sheet pan. Place chicken on top. Bake for 25-30 minutes.
6. Separate veggies and chicken in bowls. Top with Tzatziki and olives. Enjoy.

Ingredients

- 1 1/2 lbs Chicken Thighs
- 1 head Cauliflower (small)
- 2 Zucchini (small)
- 1 Red Onion
- 1 Yellow Bell Pepper
- 1 cup Cherry Tomatoes (halved)
- 3 Garlic (minced)
- 2 tsps Oregano
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Avocado Oil
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Feta Cheese
- 1/4 cup Tzatziki (or more for taste)