



Sheet Pan Mediterranean Chicken Bake

Serves 4

Ingredients

- 2 large chicken breasts, cut in half or 4 chicken leg quarters
- 1 red onion cut into eighths
- 2 cups cherry tomatoes
- **Sauce:**
 - 2 cloves garlic crushed
 - 1/2 cup [olive oil](#)
 - 3 tbsp [organic balsamic vinegar](#)
 - 1 tsp [organic smoked paprika](#)
 - 2 tsp [organic thyme](#)
 - 1/2 tsp [Sherpa Pink Extra Fine Himalayan Salt](#)
 - 1 tsp [freshly ground pepper](#)
- **Option 1 - Mediterranean Chicken Bake**
 - 2 yellow peppers cut into 2 inch pieces
 - 1/2 cup artichoke hearts
 - 2/3 cup black olives such as [Kalamata](#) or [Nicoise](#)
 - 4-6 large Yukon Gold potatoes, boiled with skins on (omit for Paleo/Whole30)
 - 1 lemon
- **Option 2 - Greco-Russian Chicken Bake**
 - small purple cabbage, sliced
- **Option 3 - Your Choice**
 - Be creative and add any veggies you'd like (e.g., broccoli, cauliflower, asparagus, peas, potatoes, brussels sprouts, etc.)
- 2 tbsp chopped fresh parsley or dill, minced
- 1/4 cup chopped or crumbled feta (omit for Paleo/Whole30)



Directions

1. Preheat the oven to 400 degrees and grease a large, [stainless steel baking sheet](#) with olive oil
2. Cut up and prep your veggies, mince the herbs, and cube the feta cheese
3. Start on the sauce, mixing together the olive oil, vinegar, garlic, paprika, and thyme in a bowl.
4. Separate the mixture into thirds and pour into 3 [glass mixing bowls](#), one large and two small.
5. Add your veggies to the large bowl and mix, making sure that the sauce is spread evenly over all of them.
6. Pour the veggies out onto your greased [baking sheet](#) and spread them out evenly. Sprinkle with salt and minced parsley or dill and stick them in the oven for about 10 minutes before adding the chicken.
7. After 10 minutes or so, place the chicken pieces on top of the veggies and brush them generously with the sauce from the second bowl. Sprinkle them with salt and and minced parsley, and then bake for 25 minutes.
8. When your 25 minute timer goes off, remove the tray from the oven and add the feta and olives. Pour the remaining sauce from the third bowl over the chicken and veggies, and return the tray to the oven for another 5-10 minutes.
9. If you are doing potatoes, peel the skin off once they are boiled (pro tip: they are easiest to peel when they are still hot!), cut them in thick slices and arrange on plates. Pour some high quality [olive oil](#) (<- this is my favorite olive oil for drizzling on salads and using sparingly-the taste is amazing!) over them, and then sprinkle with salt and minced parsley.
10. Transfer the chicken and veggies onto the plates, sprinkle with the remaining minced parsley, and serve.