

sheet pan ranch chicken and broccoli

Makes 4 servings

RECIPE ADAPTED FROM:
[Raising Generation Nourished](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

RANCH SEASONING MIX

- 2 Tbsp dried parsley
- 1 ½ Tbsp sea salt
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp dried basil
- 1 tsp sugar (optional)
- 2 tsp dried thyme
- 2 tsp black pepper

ROASTED RANCH POTATOES

- 2 Tbsp olive oil
- 8-10 small to medium yellow potatoes, cut into 1-inch cubes
- 1 Tbsp ranch seasoning mix
- 1 tsp nutritional yeast (or grated parmesan if you can have dairy)

CRISPY RANCH CHICKEN & BROCCOLI

- ½ cup gluten-free panko breadcrumbs
- ¼ cup nutritional yeast (or grated parmesan if you can have dairy)
- ¼ cup blanched almond flour or more breadcrumbs
- 3 Tbsp ranch seasoning mix
- 2-3 Tbsp mayo or olive oil
- 4 boneless chicken breasts
- 1-2 heads broccoli, cut into florets
- 2 Tbsp olive oil for the broccoli
- sea salt and pepper, to taste for the broccoli

FOR THE RANCH SEASONING

WHISK everything together in a jar or container that has a lid. Store at room temp in an airtight container.

FOR THE POTATOES

PREHEAT oven to 425°F and put 2 large sheet pans in the oven. This will pre-heat the pans and make for crispier potatoes and better cooking on the chicken.

IN a medium mixing bowl, toss all of the roasted ranch potatoes ingredients until combined.

ONCE the oven is pre-heated, take one of the sheet pans out of the oven, and spread the seasoned potatoes out onto the hot sheet pan.

ROAST the potatoes for 15 minutes while you prep the chicken and broccoli.

FOR THE CHICKEN & BROCCOLI

IN a shallow dish, whisk breadcrumbs, nutritional yeast, almond flour and ranch seasoning.

POUND the tops of the chicken breasts to match the thickness of the bottoms, about an inch.

COAT the chicken breasts on both sides with mayo or olive oil. I use my hands, but you could use a brush if you want.

WASH your hands, then use tongs to dip each mayo coated chicken breast into the ranch seasoned breadcrumbs, flipping the chicken breasts so they are covered on both sides.

IN the same mixing bowl that you tossed the seasoned potatoes, toss the broccoli with olive oil, salt and pepper. You could potentially ranch season these too if you want!

TAKE the empty hot sheet pan from the oven and put the seasoned chicken and broccoli on this pan.

ONCE the potatoes have finished the first 15 minutes of roasting, remove the pan, stir the potatoes around, and put them back in the oven along with the sheet pan with chicken and broccoli.

COOK both sheet pans for 15 minutes then remove from oven. You can place the chicken under the broiler at the end for color if you want. The chicken should have an internal temperature of 165°F.

