



Sheet Pan Smoky Chicken, Sweet Potato & Green Beans

2 servings

45 minutes

Ingredients

1 Sweet Potato (large, cut into large wedges)
 1 1/2 tbsps Avocado Oil (divided)
 1/4 tsp Cinnamon
 1/4 tsp Cayenne Pepper (divided)
 Sea Salt & Black Pepper (to taste)
 340 grams Chicken Thighs (boneless, skinless)
 1/2 tsp Smoked Paprika
 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	389
Carbs	21g
Fiber	5g
Sugar	6g
Protein	36g
Cholesterol	160mg
Sodium	204mg
Vitamin A	10330IU
Vitamin C	14mg
Calcium	73mg
Iron	3mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to to 400°F (205°C).
- 2 In a large bowl, combine the sweet potato with 1/3 of the oil, cinnamon, half the cayenne, salt, and pepper. Transfer to a baking sheet and cook in the oven for 15 minutes.
- 3 In the same bowl, add the chicken and drizzle with half of the remaining oil, paprika, the remaining cayenne, salt, and pepper. Add the chicken to the baking sheet with the sweet potato and place back in the oven for another 10 minutes.
- 4 Remove the baking sheet from the oven and add the green beans. Drizzle with the remaining oil. Return to the oven and cook for 10 minutes until everything is cooked through.
- 5 Divide evenly into bowls or plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two chicken thighs, 1 1/2 cups of sweet potato, and one cup of green beans.