



CHICKEN SHEET PAN DINNER

3 chicken breasts- cut into 2-3 inch pieces

¼ cup oil

2-3 Tbsp. **Smoky Pecan Rub & Seasoning**

5-6 cups vegetables of your choosing, cut into 1" pieces

Place oil and seasoning in a resealable bag and squeeze bag to combine. Place chicken in the bag; close bag and squeeze to thoroughly coat the meat. Marinate for 30 minutes in the refrigerator (do not discard bag with oil and seasoning; will use later to coat vegetables). Preheat oven to 400°F. Lightly spray a sheet pan with non-stick cooking spray (or line with parchment paper). Place marinated chicken onto the sheet pan. Place vegetables in the resealable bag containing the marinade and toss to coat. Arrange vegetables around chicken and bake for 30 minutes or until chicken is cooked through and reaches an internal temperature of 165°F. This can also be baked on the BBQ at medium/high heat.

