

# Chicken Sheet Pan Dinner

## Ingredients:

- chicken (*you can use any kind you like but you may need to adjust cooking times*)
- veggies (*fresh/frozen veggies of your choice... you need enough to make at least one serving for everyone.*)
- Seasoning of your choice (*salt and pepper, garlic salt, lemon pepper, etc.*)

## Directions:

Set the oven to 350.

Spray a large baking pan with nonstick spray.

Place your chicken legs/thighs on the pan.

Add some fresh/frozen veggies around the chicken to fill in any gaps.

Sprinkle with seasoning.

Bake for 45 - 60 minutes, check with a meat thermometer for doneness.

You can also broil it on low for 5-10 minutes to get a nice brown crisp if desired.

Enjoy with your favorite sides and/or some buttered bread or [rolls](#).