

# Angie Bloom

## Easy Sheet Pan Sweet & Savory Chicken, Broccoli & Sweet Potato

### INGREDIENTS:

- ¼ cup maple syrup
- ¼ cup Dijon mustard
- 1 tablespoons thyme
- 1 teaspoon salt
- ½ teaspoon pepper
- 6 skinless chicken breasts
- 3 medium sweet potatoes, peeled, cut into ¼ inch pieces
- 4 cups fresh broccoli florets

### Instructions:

1. Heat oven to 425°F. Spray 18x13x1-inch pan lined with parchment paper.
2. In medium bowl, mix maple syrup, the mustard, thyme, 1/2 teaspoon of the salt and the pepper with whisk until blended. Add chicken and toss to coat; cover and refrigerate.
3. Place potatoes on lined sheet pan and mix ½ teaspoon of salt and 1T garlic oil and toss. Roast 15 minutes. Stir potatoes.
4. Remove chicken from refrigerator; uncover. Add chicken and any remaining mixture to pan with potatoes. Add broccoli. Bake 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F) and potatoes are tender.

