

# Sheet Pan Dinner with Chicken and Veggies



Super easy one-pan meal in the oven made on a baking sheet.

**Prep:** 15 mins

**Cook:** 28 mins

**Total:** 43 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

- 1 cup mayonnaise
- 1 (1 ounce) package ranch dressing mix
- 2 large skinless, boneless chicken breasts, halved lengthwise
- olive oil, or as needed
- 1 ½ pounds red potatoes, halved or quartered if large
- 1 pound baby carrots
- salt and ground black pepper to taste
- ¼ cup dry bread crumbs

### Notes:

For 4 boneless, skinless chicken thighs, you can use half the amount of mayonnaise and ranch dressing mix. You can add sliced zucchini instead of or in addition to the carrots.

## Directions

### Step 1

Combine mayonnaise and ranch dressing mix in a gallon-sized resealable plastic bag to make the marinade. Place chicken in the bag, squish around to cover, and refrigerate while preparing the other ingredients.

### Step 2

Preheat oven to 400 degrees F (200 degrees C). Grease a large rimmed baking sheet the size of your oven with olive oil.

### Step 3

Place red potatoes and baby carrots along the outer edges of the baking sheet, leaving room in the middle for the chicken. Season with salt and pepper.

### Step 4

Pour breadcrumbs into a bowl or onto a plate. Remove chicken from marinade and drain off excess marinade. Coat chicken in the breadcrumbs and place on the baking sheet with some room in between the pieces.

### Step 5

Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear, 25 to 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Turn on the oven's broiler and broil for an additional 3 to 5 minutes.

## Cook's Notes:

My kids love squishing around the mayonnaise and dressing mix in the gallon-sized plastic bag. You can also use premade ranch dressing but you may want to thicken it up slightly with extra mayonnaise.

## Nutrition Facts

**Per Serving:**

671 calories; protein 25.9g; carbohydrates 21g; fat 53.6g; cholesterol 85.5mg; sodium 1034.9mg.

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