Treasure Barrel

Parmesan Crusted Chicken Sheet Pan Dinner

Crispy parmesan-crusted chicken with roasted veggies, all on one pan.

15 min	25 min	40 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1½ lbs)
- [ ] 1 cup grated Parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp honey
- [ ] 2 medium sweet potatoes, cubed
- [ ] 2 cups broccoli florets
- [ ] Salt and black pepper to taste

Optional Finish

- [ ] Fresh parsley, chopped
- [ ] Lemon wedges for serving

Instructions

1. Preheat the oven to 425°F (220°C). Line a large sheet pan with parchment or lightly grease it.
2. In a shallow dish, combine grated Parmesan, panko, and lemon zest. Set aside.
3. Pat chicken dry, brush each piece with olive oil, then press into the cheese-breadcrumb mixture, coating both sides. Place coated chicken on one side of the sheet pan.
4. Toss sweet potato cubes and broccoli florets with a drizzle of olive oil, salt, and pepper. Arrange the veggies on the opposite side of the pan, spreading them evenly.
5. Drizzle honey over the chicken and vegetables. Bake for 20-25 minutes, or until chicken reaches 165°F and the crust is golden. If you like extra crispness, broil for 2-3 minutes at the end.
6. Remove from oven, let rest 5 minutes, then sprinkle with fresh parsley and serve with lemon wedges.

Nutrition per serving

420 kcal	38 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the chicken is evenly coated; a light tap of the pan helps the crust adhere.
- If the crust browns too quickly, loosely cover with foil.
- For a spicier twist, add a pinch of smoked paprika to the breadcrumb mix.