



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### SHEET PAN CHICKEN AND SWEET POTATOES

1 ½ pounds boneless, skinless chicken breasts (about 3 medium-large pieces)

1 large sweet potato, peeled and cubed

1 large apple, cubed (Honey crisp or pink lady are recommended)

5 cups broccoli florets

1 cup red onion, roughly chopped

1 teaspoon seasoning salt

¾ cup apple cider (or apple juice)

2 tablespoons honey

1 tablespoon Dijon mustard

½ teaspoon crushed red pepper flakes

½ teaspoon salt

2 tablespoons brown sugar

2 teaspoons chili powder

1 teaspoon garlic powder

1 teaspoon salt

½ teaspoon pepper

1 tablespoon olive oil

1. Preheat oven to 400 degrees F.
2. On a large sheet pan, add the diced sweet potato, diced apple (no need to peel), broccoli florets and red onion. Set aside.
3. Make the apple cider glaze: in a small bowl, whisk together the apple cider, honey, mustard, red pepper flakes, and salt. (Reserve 2-3 tablespoons to glaze the chicken later.) Pour the remaining glaze over the vegetables on the pan and toss together. Sprinkle with seasoning salt. Bake the potatoes and vegetables for 20 minutes.
4. While the vegetables and potatoes cook, mix together the wet rub for the chicken. In a small bowl, stir together the brown sugar, chili powder, garlic powder, salt, pepper, and olive oil. Coat each chicken breast with the wet rub.

5. Once the vegetables and potatoes have cooked for 20 minutes, remove from the oven. Place the chicken in the center of the pan with the vegetables and potatoes. Pour the remaining apple cider glaze over the top of the chicken. Cook all ingredients for another 20 minutes.
6. Chicken should be done after 20 minutes. (Time may vary depending on thickness of chicken.) Internal temperature should be 165 degrees F.
7. Remove from oven and let cool 5-10 minutes before serving.

Makes 6 servings.

Notes:

- Boneless skinless chicken thighs can be substituted for chicken breasts.
- Maple syrup can be substituted for honey.

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