

Sheet Pan Dinner: Chicken and Vegetables

Yield: 12 servings

Ingredientes:

- 1 pound boneless, skinless chicken thighs
- 1 teaspoon salt-free adobo seasoning
- 2 bell peppers, cut lengthwise into 6 pieces each
- 1 red onion, cut into 8 wedges
- 1 bulb fennel, cut lengthwise into 8 wedges
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

Directiones:

1. Preheat oven to **425° F**. Line a baking sheet with foil or parchment paper.
2. Season chicken thighs with salt-free adobo seasoning and place on baking sheet.
3. Arrange peppers, onion and fennel on baking sheet around chicken, drizzle everything with olive oil, and sprinkle with salt and pepper.
4. Roast for **about 30 minutes**, turning everything once halfway through roasting, until chicken is cooked and vegetables are golden brown.