

👵 Sheet Pan Chicken and Veggies for One

An easy, no-fuss solo dinner packed with flavor and nutrition.



📝 Ingredients

1 boneless, skinless chicken breast

1 cup mixed vegetables (carrots, potatoes, broccoli)

1 tbsp olive oil

Salt, pepper, garlic powder

Herbs of your choice (e.g., thyme, rosemary)

👵 Directions

Preheat your oven to 400°F (200°C).

Toss the vegetables in olive oil, salt, pepper, and herbs.

Place the chicken breast on a baking sheet. Season with salt, pepper, and garlic powder.

Spread the vegetables around the chicken.

Roast for 25–30 minutes, or until the chicken is cooked through and the vegetables are tender.

❤️ Why You'll Love It

One pan = less mess

Balanced nutrition in every bite

Simple, satisfying, and perfect for seniors cooking solo

🧠 Tip: Prep a few trays at once and refrigerate extras for quick meals later in the week.