

Orange Cilantro Chicken Sheet Pan Dinner



Servings:

6 servings

Prep Time:

20 min

Cook Time:

40 min

Ingredients

- Chicken Marinade -- ---
- 1/4 cup **Cilantro**, finely chopped
- 2 each **Oranges**, juiced
- 1 each **Orange Zested**
- 3 tbsp **Brown Sugar**
- 3 tbsp **Avocado Oil**
- 2 tbsp **White Wine Vinegar**
- 1/2 tsp **Salt & Pepper**
- 2 lbs **Chicken Thighs, Boneless/Skinless**, (6 each)
- Vegetable Marinade -- ---
- 1/2 cup **Feta Cheese**, crumbled
- 1/4 cup **Avocado Oil**
- 1 each **Lemon**, juiced
- 2 tbsp **Fresh Parsley**, finely chopped

Method of Preparation

Step 1

Preheat the oven to 425°F. Spray a sheet pan with pan spray and set aside.

Step 2

In a bowl, combine all the chicken marinade and mix together.

Add chicken thighs and let sit at room temperature for 10-15 minutes.

Step 3

In a large bowl, combine the vegetable marinade and mix together.

Add all the prepped vegetables, except the lemons, toss to coat, and evenly spread out on the sheet pan.

Step 4

Nestle chicken thighs in the vegetables on the sheet pan.

Nestle in the sliced lemons.

Step 5

Bake for 30 minutes, rotating the pan halfway through.

Add corn and feta cheese and bake for an additional 10 minutes.

Step 6

Garnish with fresh cilantro.

- 1 tbsp **Fresh Dill**, finely chopped
- 1 tsp **Dried Oregano / Thyme / Garlic Powder**
- 1/2 tsp **Salt & Pepper**
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- 2 each **Sweet Potatoes**, small cubes
- 1 each **Bell Pepper, Green**, chopped
- 1 cup **Cherry Tomatoes**
- 1 each **Red Onion, Small**, sliced
- 1 each **Zucchini, Small**, moon cut
- 1 each **Yellow Squash, Small**, moon cut
- 1 each **Lemon**, slice thick rounds
- 1/2 cup **Feta Cheese**, crumbled
- 2 ea **Corn on the Cob**, cooked

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