






Quick Chicken Creole Sheet Pan Dinner

Contributor:

Source [Living Plate Teaching Kitchen](#)

 Prep time	 Total time	 Meal type	 Servings
20 minutes	40 minutes	Lunch, Dinner	4

Stir Fry

Ingredients

- 1 1/2 lb chicken thighs, skinless and boneless, *cut into 2" pieces*
- 2 Tbs olive oil
- 2 Tbs Creole seasoning
- 2 zucchini, *chopped*
- 1 bell pepper, red, *chopped*
- 1 onion, red, *chopped*
- 1 lb green beans, *snapped and cut into 2" pieces*

Directions

Prep

1. Cut chicken into pieces. Rub chicken pieces with 1 tablespoon of Creole seasoning and let stand while you prep other ingredients.
2. Chop zucchini, pepper, onion, and green beans.
3. Preheat oven to 375°F.

Make

1. Toss all vegetables with chicken, olive oil, and an additional tablespoon of seasoning.
2. Place on lined sheet pan and spread out evenly [for easy clean-up line sheet pan with foil first, then a sheet of parchment paper.]
3. Bake for about 20 minutes until chicken is cooked through with internal temperature of 165°F.
4. Serve with brown rice or cauliflower rice.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	346
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3g	15%
Trans Fat N/A	
Cholesterol 136mg	45%
Sodium 162mg	7%
Total Carbohydrates 16g	6%
Dietary Fiber 5g	19%
Total Sugars 9g	
Protein 38g	
Vitamin D N/A	0%
Calcium 87mg	7%
Iron 4mg	20%
Potassium 999mg	21%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value. Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only