

Healthy Weeknight Dinner: Lemon Herb Sheet Pan Chicken

When life gets busy, maintaining a healthy diet often feels like a chore, but it doesn't have to be. This Healthy Weeknight Dinner recipe—specifically a Lemon Herb Sheet Pan Chicken with roasted vegetables—is the ultimate solution. It combines protein, fiber, and healthy fats into one pan, minimizing cleanup while maximizing flavor. The beauty of this meal is its simplicity; the oven does all the hard work. Vibrant broccoli, sweet bell peppers, and juicy chicken breast are tossed in a zesty lemon-garlic marinade that caramelizes beautifully in the oven. It is light, nutritious, and ready in under 30 minutes, proving that fast food can indeed be good for you.

Why You'll Love This Recipe

Perfect for Meal Prep

This recipe is a meal prepper's dream. Because it cooks in large batches on a single tray, you can easily double the recipe to create lunches for the rest of the week. The roasted vegetables and chicken reheat well without becoming soggy. It is portion-controlled, balanced, and colorful, making your Tupperware look appetizing rather than sad. Having a healthy option ready to go in the fridge prevents the temptation of ordering takeout on exhausting evenings.

Lean Protein Highlights

Chicken breast is the standard for lean protein, but it often gets a bad reputation for being dry. This recipe changes that. By roasting the chicken alongside vegetables at a high temperature, the meat sears quickly, locking in juices. The marinade, rich with olive oil and lemon juice, acts as a barrier and tenderizer. This ensures you get a high-protein meal that supports muscle repair and satiety without the heavy saturated fats found in red meat or fried foods.

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Lemon Herb Sheet Pan Chicken



Aaron recipes

A fast, healthy, and delicious sheet pan dinner featuring roasted chicken breast, broccoli, and peppers in a lemon garlic marinade. Ready in 25 minutes.

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Prep Time 10 minutes mins

Cook Time 20 minutes mins

Total Time 30 minutes mins

Course Dinner, Main Course
Cuisine American, Healthy

Servings 4 servings
Calories 310 kcal

Equipment

- Large Baking Sheet
- Parchment paper
- Knife

Ingredients

- 1.5 lbs Chicken breast, boneless skinless, cut into cubes
- 3 cups Broccoli florets
- 2 medium Bell peppers (red/yellow), chopped
- 1 medium Red onion, chopped
- 3 tbsp Olive oil
- 2 tbsp Lemon juice, fresh
- 3 cloves Garlic, minced
- 1 tsp Dried oregano
- 1 tsp Salt
- 1/2 tsp Black pepper

Instructions

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper.
2. In a small bowl, whisk olive oil, lemon juice, garlic, oregano, salt, and pepper.
3. Place chicken cubes and chopped vegetables on the baking sheet.
4. Pour marinade over the chicken and veggies. Toss with hands or tongs to coat evenly.
5. Spread into a single layer. Bake for 18-22 minutes, tossing halfway through, until chicken is cooked and veggies are tender.
6. Serve immediately with a squeeze of fresh lemon if desired.

Notes

Pat vegetables completely dry before roasting to ensure they caramelize instead of steam.

Keyword easy healthy recipes, healthy weeknight dinner, sheet pan chicken

Ingredient Highlights & Substitutions

Essential Ingredients

The foundation of this dish is boneless, skinless chicken breast cut into chunks, ensuring quick and even cooking. For vegetables, broccoli florets and bell peppers (red, orange, or yellow) offer a high nutrient density and a pleasant crunch. The marinade requires extra virgin olive oil for healthy fats, fresh lemon juice for acidity, garlic for immune-boosting flavor, and dried oregano or thyme. Salt and pepper are crucial to bring all the flavors alive.

Smart Substitutions

This recipe is incredibly flexible. If you don't like broccoli, try asparagus, zucchini, or green beans; just adjust cooking times slightly as asparagus cooks faster. Chicken thighs can be used instead of breasts for a richer flavor, though they add slightly more fat. For a vegetarian option, swap the chicken for cubes of firm tofu or chickpeas (rinsed and dried), which roast up crispy and delicious. You can also switch the seasoning profile—use chili powder and lime for a Mexican twist instead of lemon and herbs.

Step-by-Step Instructions

Prep Phase

Preheat your oven to 400°F (200°C). High heat is essential for roasting; low heat will steam the veggies instead of caramelizing them. Line a large rimmed baking sheet with parchment paper or foil for easy cleanup. Wash and chop your vegetables into bite-sized pieces. Cut the chicken into 1-inch cubes. In a small jar or bowl, whisk together the olive oil, lemon juice, minced garlic, dried herbs, salt, and pepper to create the marinade.

Cooking Phase

Place the chicken and vegetables onto the prepared baking sheet. Drizzle the marinade over everything. Use your hands or tongs to toss the ingredients directly on the pan until every piece is well-coated. Spread everything out into a single layer; overcrowding leads to steaming, so use two pans if necessary. Bake for 18 to 22 minutes, tossing halfway through, until the chicken is cooked through (reaching 165°F internal temp) and the vegetables are tender-crisp with brown edges.

Pro Tips for Perfect Results

Technique Secrets

The secret to avoiding a soggy sheet pan is surface area. Ensure there is space between the ingredients. If they are piled on top of each other, moisture gets trapped. Also, cut your vegetables and chicken to roughly the same size so they finish cooking at the same time. If you like your veggies extra charred, you can broil the pan for the last 2 minutes, but watch closely to ensure the

garlic doesn't burn.

Common Mistakes to Avoid

A common mistake is using wet vegetables. After washing your broccoli or peppers, pat them remarkably dry with a kitchen towel. Excess water on the vegetables will dilute the oil and prevent browning. Another error is over-marinating the chicken in the lemon juice before cooking. The acid can start to “cook” the meat and make it mealy if left too long. Toss it just before baking for the best texture.

Serving Ideas & Pairings

Presentation & Plating

Serve the chicken and veggies in shallow bowls. A sprinkle of fresh parsley or crumbled feta cheese on top adds a final layer of flavor and visual appeal. Place a lemon wedge on the side for squeezing fresh juice right before eating. The colors—green broccoli, red peppers, and golden chicken—make for a vibrant, appetizing plate.

Pairing Suggestions

While this is a complete meal on its own, it pairs wonderfully with a complex carbohydrate for extra energy. Brown rice, quinoa, or roasted sweet potatoes are excellent choices that align with the healthy theme. If you want to keep it low-carb, cauliflower rice is a perfect side. A light cucumber water or sparkling water with lime is the ideal refreshing beverage.

For a fun, hands-on seafood version of a one-pan meal, check out our Low Country Boil.

Nutrition Facts

Nutrient	Amount % Daily Value	
Calories	310 kcal	15%
Protein	28 g	56%
Carbohydrates	12 g	4%
Fat	16 g	25%
Saturated Fat	2.5 g	12%
Cholesterol	75 mg	25%
Sodium	450 mg	20%

Frequently Asked Questions

Can I use frozen vegetables?

Fresh vegetables roast best. Frozen vegetables have a high water content and tend to become mushy when roasted. If you must use frozen, do not thaw them first; roast them straight from frozen at a higher temperature, but expect a softer texture.

Is this gluten-free?

Yes, naturally. Just ensure any spice blends or dried herbs you use are certified gluten-free (though single spices usually are). It is also dairy-free unless you add cheese at the end.

How do I store leftovers?

Store in an airtight container in the refrigerator for up to 4 days. Reheat in the microwave or, for better texture, in a skillet over medium heat to crisp up the edges again.

Conclusion

Healthy weeknight dinners don't have to be bland or complicated. This sheet pan chicken proves that with fresh ingredients, a simple marinade, and a hot oven, you can create a nutritious meal that tastes gourmet. It respects your time, fuels your body, and pleases your taste buds. By adding this recipe to your repertoire, you are investing in your health without sacrificing the joy of eating delicious food.

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