Sheet Pan Chicken Breast With Potatoes and Cabbage

A classic meat-and-potatoes meal.

INGREDIENTS

1 small chicken breast (bone-in, skin-on, 8 to 10 ounces)
3 medium Yukon gold potatoes (about 1 pound), cut in 1-inch pieces
1 tablespoon olive oil, divided
Salt
Pepper
1/2 small head cabbage, cored and cut in 1-inch pieces
2 teaspoons Dijon mustard
1 teaspoon maple syrup
1/4 teaspoon paprika
1/4 cup fresh parsley

DIRECTIONS

1. Heat oven to 400°F and line a sheet pan with parchment paper.

2. On the lined sheet pan, toss chicken and potatoes with ½ tablespoon olive oil, salt, and pepper. Roast 15 minutes.

3. In a medium bowl, toss cabbage with remaining ½ tablespoon olive oil, mustard, maple syrup, and paprika. Set chicken aside and toss cabbage with potatoes on sheet pan. Lay chicken on top of cabbage-potato mixture on sheet pan. Roast 25 minutes more, until chicken is cooked through, potatoes are soft, and cabbage is wilted but crispy in places.

4. Cool slightly, then remove chicken bone and thinly slice meat and skin. Serve cabbage and potatoes topped with chicken.

NUTRITION PER SERVING

448 calories
16 g fat (4 g saturated)
49 g carbs
9 g sugar
9 g fiber