

# 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° and line a sheet pan with parchment paper.~~
- 2 On the lined sheet pan, toss chicken and potatoes with 1/2 tablespoon olive oil, salt, and pepper. Roast 15 minutes.
- 3 In a medium bowl, toss cabbage with remaining 1/2 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