

BBQ Chicken & Roasted Sweet Potato Bowls

INGREDIENTS:

- 2 medium sweet potatoes
- 1 large onion
- 2 tablespoons olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- 2 heads broccoli florets, 1-inch pieces
- 1 lb. boneless, skinless chicken, cut into nugget size pieces
- ½ cup BBQ sauce, divided
- Salt

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Peel and chop the sweet potatoes into ½" chunks. Chop onion into 1 inch pieces and add to a lined sheet pan along with the sweet potatoes. Toss the sweet potatoes and onions with 1 tablespoon olive oil, ¼ teaspoon salt, garlic powder and chili powder, until well combined. Bake at 400 degrees for 20 minutes.
3. Toss the sweet potatoes and push to one side of the pan. Add the broccoli and toss with 1 tablespoon olive oil and ¼ teaspoon salt. Add chicken and brush with ¼ cup BBQ sauce. Bake an additional 15-20 minutes at 400 degrees until the chicken is done (165 degrees).
4. Remove the pan from the oven. Toss the chicken with the remaining BBQ sauce and place all items in meal prep containers.

Adapted from source: thecreativebite.com



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