

# Sheet Pan Tex-Mex Chicken

## **INGREDIENTS**

- 1.5 lbs chicken tenderloins or chicken breasts, cut into 1-inch pieces
- 2 bell peppers, sliced
- 1 medium onion, sliced
- 1 medium zucchini, diced into larger chunks
- 1 cup frozen corn
- 1 can Ranch Style Beans, mostly drained
- 1 can Rotel, drained very well
- 2 tbsp olive oil
- 2-2½ tbsp taco seasoning
- ½ tsp smoked paprika
- 3 garlic cloves, minced
- 1 tbsp cornstarch or arrowroot starch
- 1 tsp honey
- Juice of ½ lime
- ¾-1 cup shredded pepper jack or Mexican blend cheese

### Optional Toppings:

- Fresh cilantro
- Green onions
- Jalapeños
- Avocado
- Sour cream or Greek yogurt
- Salsa
- Lime wedges

## **DIRECTIONS**

1. Preheat oven to 425°F and line a large sheet pan with parchment paper.
2. Slice the peppers and onion, dice the zucchini into larger chunks, cut the chicken into bite-sized pieces, and drain the Rotel and Ranch Style beans well.
3. In a bowl, toss the chicken with 1 tbsp olive oil, taco seasoning, smoked paprika, honey, lime juice, half the garlic, salt, and pepper. Spread onto one section of the sheet pan.
4. Add peppers and onions to another section of the pan. Toss with remaining olive oil, remaining taco seasoning, remaining garlic, salt, and pepper.
5. Add zucchini and corn to another section of the pan, keeping ingredients mostly separated.
6. Bake for 10 minutes.
7. Stir cornstarch into the Ranch Style beans while the pan bakes.
8. Remove the sheet pan from the oven and spoon the beans onto one corner of the pan. Scatter the drained Rotel mostly near the chicken and peppers.
9. Return to the oven and bake another 8-10 minutes, until the chicken reaches 165°F and the vegetables are tender and lightly caramelized. Optional: broil 1-2 minutes for extra color.
10. Sprinkle cheese mainly over the chicken and bean section and return to the oven just until melted.
11. Serve with cilantro, green onions, avocado, salsa, sour cream, tortillas, rice, or tortilla chips if desired.