

ONE SHEET PAN BUFFALO RANCH CHICKEN

INGREDIENTS

- 1 lb. or 2 large chicken breasts -
- 8.5 oz. or 4 small turnips
- 4.2 oz. or 1 medium red bell pepper
- 1/4 cup extra virgin olive oil
- 2 tbsp. buffalo sauce
- 1 tbsp. dried parsley
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried dill
- 1 tsp. dried chives
- 1/2 tsp. cracked black pepper
- 1/2 tsp. Himalayan pink salt
- 1/4 cup crumbled blue cheese (for Maintenance only)
- 3 minced green onions - sliced

PREPARATION

1. Preheat the oven to 425 °F and place the chicken, turnips, and red bell pepper on a sheet pan and drizzle with the oil.
2. Sprinkle the spices over the tray then drizzle the buffalo sauce over the top.
3. Transfer to oven and cook for 30-35 minutes until the veggies are browned and the chicken is cooked through.
4. Top with cheese, green onions, ranch (if desired), and extra buffalo sauce.
5. Can be stored in refrigerator up to 3 days.
6. Enjoy!

