

# Baked Chicken, Broccoli, & Potatoes

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Serves: 4-6 people

## Ingredients

1-2 lbs Chicken thighs  
1 lb of small potatoes (red potatoes, peewee potatoes)  
2 heads of broccoli  
Salt and pepper  
6 tbsp of olive oil  
Garlic powder or other seasoning blend

## Equipment Needed

Large pan (9x13)  
Large bowl  
Knife for chopping  
Cutting board  
Large spoon  
Tablespoon (tbsp)

## Time

**Preparation:** 15 minutes

**Cooking:** 35 minutes

**Total time:** 40 minutes

## Instructions

Before you start cooking, gather all of your ingredients.

If you want to make just enough for 1-2 meals or people, then you would use half of the ingredients.

1. Turn on the oven and set the temperature to 425 degrees.
2. Cut up the potatoes into quarters (four pieces).
3. Add the potatoes to the large bowl.
4. Add 2 tbsp of the oil to the potatoes, then shake on the salt, pepper, and garlic powder or seasoning. You'll shake on just enough to lightly cover the potatoes.
5. Stir the potatoes so that they are all covered with the oil and seasonings.

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6. Pour the potatoes into the pan.

7. Put the pan of potatoes into the oven.

It's ok if the oven isn't all the way hot yet. You want the potatoes to start cooking before the broccoli and chicken.

8. Cut the stalks off of the broccoli.

Cut or break the broccoli florets into small bite size pieces.

9. Add the broccoli to the bowl.

10. Add 2 tbsp of olive oil. Sprinkle the broccoli with the salt, pepper, and seasoning.

11. Stir the broccoli so that they are all covered with oil and seasonings.

12. Open the package of chicken and put the chicken on the cutting board.

Make sure to throw away the package and wash your hands.

13. Cut the chicken into small bite size pieces.

14. Add the chicken to the bowl with the broccoli.

15. Pour 2 tbsp of olive oil on the chicken. Sprinkle the chicken with the salt, pepper, and seasoning.

16. Stir the broccoli and chicken to mix.

17. Using the pot holders, take the pan of potatoes out of the oven.

18. Carefully pour the bowl of broccoli and chicken into the pan over the potatoes.

19. Put the pan back into the oven.

20. Set the timer for 35 minutes.

If you are using less ingredients for 1-2 people, set the timer for 30 minutes.

21. When the timer goes off, take the pan of the oven.

22. Using a fork, take one piece of chicken out of the pan.

Cut the piece in half to make sure the chicken is cooked all the way through. It should be white, and there should not be any pink.

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## To Serve:

1. If the chicken is cooked through, you can serve the food.
2. Use a spoon to scoop the chicken, broccoli, and potatoes onto a plate.

## Leftovers:

1. If you have leftovers, you can store them in the refrigerator for up to a week.
2. Place the pasta into a Tupperware container or a gallon Ziploc bag.
3. Add the broccoli, chicken, and potatoes and seal your container or bag tightly.
4. You can reheat the meal in the oven using an oven safe pan.

Heat the oven to 350 and put the pan in the oven.

Keep the pan in the oven until the food is hot, about 10-15 minutes. Since it is already cooked, you just need the food to be warm enough to eat.

5. You can also reheat the food in the microwave in a microwave safe dish.

Heat the food for 2-3 minutes at 70%.

If it's not hot enough, stir the bowl of food and heat again for another 1-2 minutes at 70%.