

# Sheet Pan Chicken, Green Beans & Potatoes

This budget-friendly family meal is made with just 6 ingredients and a sheet pan for minimal clean up. Perfect for busy weeknights when you need to get dinner on the table in less than 30 minutes. You could use any fresh or frozen vegetables. Italian dressing mix is a great "shortcut" seasoning, but you could use other seasonings you have on hand.

This recipe includes a step for "leaching" the potatoes—a process that reduces the potassium. This is useful for people managing kidney disease or otherwise on a potassium-restricted diet. If you do not need to limit potassium, you can skip this step. If not leached, the potassium content is 765 mg per serving.

Prep time	Cook time	Servings	Serving size
10 min	30 min	4	1/4 recipe

Nutrition Facts	
4 Servings	
Serving Size	1/4 recipe
Amount per serving	
Calories	
Total Fat 17g	
Saturated Fat 8g	
Trans Fat 0.5g	
Cholesterol 100mg	
Sodium 310mg	
Total Carbohydrate 19g	
Dietary Fiber 2.5g	
Total Sugars 1g	
Added Sugars 0g	
Protein 25g	
Potassium 545mg	
Phosphorus 280mg	

## Ingredients

red potatoes (chopped into bite-sized pieces)	2 medium (2 cups chopped)	olive oil	1 tsp
chicken tenderloins	16 oz	frozen cut green beans	10 oz
unsalted butter	4 tbsp	Italian dressing mix	1 tbsp

Shop Ingredients

## Directions

- 1
- Preheat oven to 400° F.
- 2
- To "leach" the potatoes: Place chopped potatoes in a large pan and cover completely with water. Bring to a boil, then drain. Refill water over the potatoes, to cover by 1-inch. Bring to a boil again and boil for 10 minutes. Drain and toss with 1 teaspoon olive oil before adding to the sheet pan.  
*\*\*This step is optional and helps reduce the potassium content of the potatoes for people on a potassium-restricted diet.*
- 3
- Spray a 9 x13-inch sheet pan with cooking spray. Place the raw chicken strips down 1/3 of the pan. Place the potatoes down another 1/3 of the pan. Finally, lay the frozen green beans down the last 1/3 of the pan.
- 4
- Melt the butter and drizzle over the entire pan of chicken, potatoes and green beans. Sprinkle Italian dressing dry mix over the entire pan.
- 5
- Bake for 20 to 30 minutes. Check chicken for doneness after 20 minutes.