Parmesan Crusted Chicken Sheet Pan Dinner

Golden Parmesan chicken with roasted potatoes and green beans

Prep 20 min | Cook 40 min | Total 60 min | Serves 4 | Easy

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast, sliced into 4 cutlets
- 1 lb (450 g) potatoes, cut into 3/4-inch (2 cm) pieces
- 10 oz (280 g) green beans, trimmed
- 3 tbsp (45 ml) olive oil, divided
- 3/4 tsp (4.5 g) fine salt, divided
- 1/4 tsp (0.5 g) black pepper
- 1 tsp (3 g) garlic powder
- 1/4 cup (60 g) mayonnaise
- 1/2 cup (45 g) vegetarian Parmesan-style hard cheese, finely grated
- 1/2 cup (30 g) panko
- 1 tsp (1 g) dried oregano



Cook chicken to 165°F (74°C).

Check the thickest center with a thermometer.

METHOD

1. Heat the oven to 425°F (220°C). Toss potatoes on a large rimmed sheet pan with 1 tbsp oil and 1/4 tsp salt. Spread out and roast for 15 minutes.

2. Flatten cutlets to 1/2 inch (1.3 cm). Mix mayonnaise, half the cheese, garlic powder, oregano and pepper. Spread on chicken, then press on panko mixed with the remaining cheese.

3. Toss beans with 1 tbsp oil and 1/4 tsp salt. Move potatoes to one end of the pan. Add chicken and beans without stacking; use a second tray if needed.

4. Drizzle remaining oil over the chicken and season chicken with the remaining salt. Roast 18 to 22 minutes until potatoes are tender and each chicken center reaches 165°F (74°C). Remove beans early if they are tender before the chicken.

5. Divide chicken, potatoes and beans among four plates. If any vegetables contacted raw chicken juices, cook them to 165°F (74°C) before serving.

TIP

Keep the beans in their own section so they can be removed when tender.

STORE & REHEAT

Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C), at 40°F (4°C) or below, for 3 to 4 days. Reheat at 350°F (175°C) until chicken reaches 165°F (74°C), covering cheese if it browns early. Freeze airtight up to 3 months for best quality; thaw in the refrigerator.