

## Clean Eating Grilled Chicken Plate with Sweet Potatoes and Seasonal Veggies

Grilled Chicken with Roasted Sweet Potatoes & Veggies



**OVEN**  
**400°F**

**TIME**  
**15 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Grilled Chicken:

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp chili powder (optional)

1 tbsp lemon juice

For the Roasted Sweet Potatoes & Veggies:

- 1 large sweet potato, halved
- 1 cup broccoli florets
- 1 medium carrot, chopped
- Salt & black pepper, to taste
- $\frac{1}{2}$  tsp dried thyme

Step-by-Step Instructions:

- 1 Marinate the Chicken:
- 2 Grill the Chicken:
- 3 Roast the Sweet Potatoes:
- 4 Sauté the Veggies:
- 5 Assemble & Serve:

Tips for Success:

Want crispier sweet potatoes? Flip them halfway through roasting.

For more flavor, toss veggies in garlic powder or a splash of lemon juice before sautéing.

You can double the chicken marinade and use it for sheet pan dinners too.

This recipe works great for meal prep-store portions in airtight containers for up to 4 days.

Serving Suggestions:

Blueberry Lemonade - the perfect citrusy sip

Light Chicken Salad - a nice make-ahead lunch option

Or start your day clean with 3-Ingredient Egg Wraps before ending with this dinner

Storage & Meal Prep Tips:

Refrigerate: Store in individual containers for up to 4 days.

Reheat: Microwave or warm in a covered skillet with a splash of water.

Freeze: Freeze grilled chicken and roasted potatoes separately for up to 1 month.

## DIRECTIONS

1. **Marinate the Chicken:** Rub chicken breasts with olive oil, paprika, garlic powder, onion powder, black pepper, salt, and optional chili powder. Let sit for at least 15 minutes to soak in the flavor.
2. **Grill the Chicken:** Heat a grill pan or outdoor grill to medium-high. Grill chicken for 6-7 minutes per side or until internal temperature reaches 165°F. Drizzle with lemon juice right before serving.
3. **Roast the Sweet Potatoes:** Preheat oven to 400°F (200°C). Place halved sweet potatoes on a baking sheet. Drizzle with olive oil and season with salt and thyme. Roast for 30-35 minutes until tender and golden.
4. **Sauté the Veggies:** In a skillet over medium heat, heat olive oil. Add broccoli and carrots, season with salt and pepper, and sauté for 5-6 minutes until slightly tender with a bit of bite left.
5. **Assemble & Serve:** Plate grilled chicken alongside roasted sweet potato halves and sautéed veggies. Garnish with extra lemon or herbs if desired.
6. **Tips for Success:** Want crispier sweet potatoes? Flip them halfway through roasting.
7. For more flavor, toss veggies in garlic powder or a splash of lemon juice before sautéing.
8. You can double the chicken marinade and use it for sheet pan dinners too.
9. This recipe works great for meal prep-store portions in airtight containers for up to 4 days.
10. **Serving Suggestions:** Pair this dish with something light and refreshing like:

11. Blueberry : Lemonade - the perfect citrusy sip
12. Light : Chicken Salad - a nice make-ahead lunch option
13. Or start your day clean with 3-: Ingredient Egg Wraps before ending with this dinner
14. Storage & Meal Prep Tips: Refrigerate: Store in individual containers for up to 4 days.
15. Reheat: Microwave or warm in a covered skillet with a splash of water.
16. Freeze: Freeze grilled chicken and roasted potatoes separately for up to 1 month.
17. More Recipes You'll Love: A Light Tangy Chicken Salad - no mayo, full flavor
18. 3-Ingredient Egg Wrap - for clean breakfasts on the go
19. Easy : Turkey Wings - comfort food without the fuss
20. Blueberry : Lemonade - refreshing, bright, and perfect alongside grilled dishes
21. Final Thoughts: This Grilled Chicken with Roasted Sweet Potatoes & Veggies is proof that healthy eating doesn't have to be boring. It's balanced, satisfying, and totally customizable to your tastes. Whether you're feeding your family or fueling your day, it's a flavorful meal you'll make on repeat.
22. Try it out and leave a comment below with your favorite veggie swaps or spice upgrades. Be sure to follow ChefManiac for more clean, crave-worthy recipes that work for real life!

## TIPS FOR SUCCESS

For more flavor, toss veggies in garlic powder or a splash of lemon juice before sautéing.

You can double the chicken marinade and use it for sheet pan dinners too.

This recipe works great for meal prep -store portions in airtight containers for up to 4 days.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/clean-eating-grilled-chicken-plate-with-sweet-potatoes-and-seasonal-veggies/>