

Chipotle Sheet Pan Chicken: The Easiest Dinner for Weeknight Flavor

My Go-To Chipotle Sheet Pan Chicken with Summer Vegetables



OVEN
400°F

TIME
15 min

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INGREDIENTS

- 2 lbs boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 1 red onion, cut into large chunks
- 1 zucchini, sliced into half-moons
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 ear of corn, kernels cut off the cob (or 1 cup frozen corn)
- 2 chipotle peppers in adobo sauce, minced
- 2 tablespoons adobo sauce from the can
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh cilantro and lime wedges, for serving

Swaps and Notes:

Chicken: Chicken breasts or thighs both work great here. Thighs tend to be a bit more forgiving and stay moister. You can also use shrimp or firm tofu for a different protein.

Vegetables: This recipe is incredibly versatile. Feel free to use whatever vegetables you have on hand. Broccoli, sweet potatoes, green beans, or cherry tomatoes are all great options.

Heat: If you want less heat, reduce the amount of chipotle peppers. If you want more, add an extra pepper or a pinch of cayenne.

Marinade: The adobo sauce from the can is where a lot of the smoky flavor comes from, so don't skip it!

Step-by-Step Instructions:

Tips for Success:

Don't Overcrowd the Pan: This is the most important tip. If the chicken and veggies are piled on top of each other, they will steam instead of roasting, and you'll miss out on that delicious browning and caramelization. Use two pans if necessary.

Cut Uniformly: Make sure the chicken and veggies are cut into similar-sized pieces so they cook evenly.

Parchment Paper is Your Friend: Using parchment paper makes cleanup a breeze. Just pull it off the pan and toss it when you're done.

Serving Suggestions and Pairings:

Nutritional Information (per serving, estimated):

Calories: 350-400 kcal

Protein: 30-35g

Carbohydrates: 20-25g

Fat: 15-20g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

- 1.** **Step 1: Prep the Marinade** In a large bowl, whisk together the olive oil, lime juice, minced chipotle peppers, adobo sauce, cumin, chili powder, salt, and black pepper.
- 2.** **Step 2: Toss the Ingredients** Add the cubed chicken, red onion, zucchini, and bell peppers to the bowl with the marinade. Toss everything together until the chicken and vegetables are evenly coated.
- 3.** **Step 3: Arrange on the Sheet Pan** Spread the chicken and vegetables in a single layer on a large, parchment-lined baking sheet. Make sure not to overcrowd the pan; you want everything to roast, not steam.
- 4.** **Step 4: Roast** Preheat your oven to 400°F (200°C). Place the sheet pan in the oven and roast for 15 minutes.
- 5.** **Step 5: Add the Corn** After 15 minutes, remove the pan from the oven and stir the ingredients. Add the corn kernels and return the pan to the oven. Continue to roast for another 5-10 minutes, or until the chicken is cooked through and the vegetables are tender.
- 6.** **Step 6: Garnish and Serve** Once cooked, remove the sheet pan from the oven. Squeeze fresh lime juice over the top and sprinkle with fresh cilantro. Serve immediately.
- 7.** **Tips for Success: Don't Overcrowd the Pan:** This is the most important tip. If the chicken and veggies are piled on top of each other, they will steam instead of roasting, and you'll miss out on that delicious browning and caramelization. Use two pans if necessary.

8. **Cut : Uniformly:** Make sure the chicken and veggies are cut into similar-sized pieces so they cook evenly.
9. **Parchment : Paper is Your Friend:** Using parchment paper makes cleanup a breeze. Just pull it off the pan and toss it when you're done.
10. **Serving Suggestions and Pairings:** This Chipotle Sheet Pan Chicken is a fantastic meal all on its own, but it's also great served over rice, quinoa, or wrapped in warm tortillas for a quick taco night. A dollop of sour cream or a scoop of guacamole would be a perfect finishing touch. For a drink pairing, a light, refreshing beer or a zesty limeade would complement the smoky flavors. If you're hosting a party, this would pair perfectly with a Walking Taco Bar for a fun, casual spread.
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15. **Note:** This is an approximation and can vary based on the specific ingredients and portion sizes.
16. **Storage and Leftover Tips:** Leftovers are fantastic for meal prep! Store the cooled chicken and vegetables in an airtight container in the refrigerator for up to 3 days. To reheat, you can use the microwave or warm it in a skillet over medium heat for a few minutes. It's delicious served cold over a salad as well.
17. **More Recipes You Will Love:** If you're a fan of easy, flavorful dinners, you'll love these other one-pan and quick-prep recipes. My Mexican Chicken and Rice Casserole is another one-pan favorite that's always a hit with the family. For a truly fast way to feed a crowd, you can't beat my Sheet Pan Quesadillas. If you're in the mood for another zesty chicken dish, check out these Easy Cheesy Chicken Sliders with Marinara Garlic Butter. For something fun and sweet to pair with your dinner, my Slippery Drank is a delicious dessert-inspired sipper.
18. **Final Thoughts:** This Chipotle Sheet Pan Chicken has become my favorite way to make a healthy and satisfying meal without any stress. It's the perfect recipe for a busy weeknight or a lazy Sunday afternoon. The flavors are bright and bold, and the cleanup is practically nonexistent. I hope you give this one a try and let me know how it turns out for you! What are your favorite veggies to roast with chicken? Share your ideas in the comments below.

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

Original recipe: <https://chefmaniac.com/chipotle-sheet-pan-chicken-the-easiest-dinner-for-weeknight-flavor/>