

# Sheet Pan Meal

## Chicken thighs, Zucchini, and Tomatoes

If you grow fresh herbs, right now is probably the time when you might be wondering how you'll ever use them all. Feel free to add 2 or 3 tablespoons chopped fresh oregano -- or any fresh herb you like, or a mixture of herbs -- to the vegetables when you toss them.

### Ingredients:

3 tablespoons olive oil  
1 ½ teaspoons salt  
1 teaspoon freshly ground black pepper  
or ½ teaspoon cayenne pepper  
2 zucchini, 6 to 8 inches long and about  
1 ½ inch in diameter  
1 to 1 ¼ pounds cherry tomatoes  
6 chicken thighs



### Cooking Instructions:

Heat oven to 400 degrees. Mix 1 tablespoon olive oil with 1 teaspoon salt and ½ teaspoon cayenne (or sub black pepper) in a large wide bowl. Slice zucchini into discs about ¼ inch thick and add them to the bowl. Add tomatoes. Use your hands to toss everything until evenly coated. Spread on a shallow roasting pan in a single layer. Mix remaining oil, salt and pepper in the bowl. Add chicken to the bowl. Use your hands to coat the chicken all over. Place on top/among the vegetables. Bake for 35 minutes. Serves 6.

--Sarah Fritschner, Kentucky Food Writer