



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 lb. Japanese or regular sweet potatoes, cut into ½-inch pieces

12 oz. small yellow or red potatoes (1½- to 2-inch), cut into ¼-inch slices

12 oz. broccoli, cut into 2- to 3-inch florets

¾ cup coarsely chopped red onion

2 teaspoons dried Italian seasoning

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

¼ cup balsamic vinegar

3 tablespoons pure maple syrup

1 tablespoon low-sodium coconut aminos

1 15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)

½ cup pine nuts, lightly toasted (see tip, recipe intro)

Sheet Pan Supper with Broccoli, Spuds, and Maple-Balsamic Chickpeas

For convenience, you can't go wrong with a [sheet pan dinner](#)! Roasted in a hot oven, the natural sugars in sweet potato, red potato, and red onion start to caramelize and take on a rich umami flavor. Broccoli adds texture and a pleasing green contrast. If you prefer your broccoli to be brighter green than it gets in the oven, steam it until crisp-tender and add to the finished dish. [Chickpeas](#), coated in a simple maple-balsamic glaze, provide heft, not to mention a heavenly sweet and tangy flavor. Sprinkle with toasted pine nuts and serve this toothsome combo with a leafy green salad.

Tips

Pine nuts: Toast the pine nuts on the baking pan in the preheated oven 2 to 3 minutes or until lightly browned. Immediately remove nuts from the pan, then use the same pan to roast the vegetables and beans.

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3.5 g total fat, and 0.5 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Roasted Vegetable Breakfast Hash](#)
- [Roasted Root Vegetable Medley](#)
- [Potato and Onion Bake with Rosemary and Tomatoes](#)
- Or check out this guide to [sheet pan dinners](#), which includes 5 delicious recipes.

By Laura Marzen, RD, LD

- 1 Preheat oven to 425°F. Line a large, shallow baking pan with parchment paper. Pile the first seven ingredients (through pepper) in the prepared pan. For oil-free: Drizzle the vegetables with 2 tablespoons water and toss to combine. (*If using oil: Drizzle with olive oil and toss to combine.*) Spread the vegetables evenly in the pan, cover it with foil, and roast 20 to 25 minutes or until vegetables are almost tender.
- 2 Meanwhile, in a small bowl whisk together vinegar, maple syrup, and coconut aminos; stir in chickpeas. Pour chickpea mixture over roasted vegetables; stir and spread evenly.
- 3 Roast 5 to 10 minutes more or until vegetables are just tender. Sprinkle with pine nuts.