



# One Pan Autumn Chicken Dinner

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 45 MIN

## INGREDIENTS

- 4 Skinless, bone in chicken thighs
- 4 Tbsp Olive Oil
- 1 1/2 Tbsp Red wine vinegar
- 1 Tbsp each minced fresh thyme, sage and rosemary or 1 tsp each of the dried herbs
- Salt and pepper to taste
- 1 lbs Brussel sprouts
- 1.5 lbs Sweet potato, chopped into ¾ - inch cubes
- 2 Fuji Red Apples, cored and sliced into half moons about ¾ inch thick
- 2 Shallots, peeled and sliced into ¼ inch thick
- ½ - 1 tsp Smoked Paprika
- 2 Tbsp Chopped Parsley for garnish

## DIRECTIONS

1. Preheat the oven to 400 F.
2. Pour 2 Tbsp olive oil, red wine and half the herbs into a gallon size resealable bag.
3. Season chicken with salt and pepper then place into a bag, seal and shake well and leave to rest while chopping the vegetables.
4. Place Brussel sprouts, sweet potato, apples and shallots onto a 18 by 13 inch rimmed tray.
5. Drizzle over the remaining 2 Tbsp olive oil, herbs, salt and pepper then toss to coat evenly. Spread over the tray.
6. Place chicken over the vegetable and apple layer.
7. Roast in a preheated oven for 40 to 45 minutes, stirring halfway through.
8. Take out of the oven and toss in ½ tsp smoked paprika and parsley.
9. Taste and if it needs, add a little extra smoked Paprika.

## NUTRITION

Serving size: 1 chicken thigh & 1.5 cups vegetable mix  
(per serving) 550 calories, 20g fat, 3.5g saturated fat, 140 mg cholesterol, 250mg sodium, 58g carbohydrate, 12g fiber, 17g sugar, 37g protein