



PAN-ROASTED CHICKEN & VEGGIES

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Serves 4-6

Ingredients

- 1 pound baby carrots
- 1 pound brussels sprouts, trimmed
- 1 large onion, coarsely chopped
- 2 Tbs. olive oil
- 3 garlic cloves, minced
- 1-1/4 tsp. salt
- 1 tsp. rosemary, crushed
- 3/4 tsp. pepper
- 1/2 tsp. paprika
- 6 bone-in chicken thighs
- 6 c. fresh baby spinach (about 6 oz.)

Method

- ✓ Preheat oven to 425 degrees. In a small bowl, combine salt, rosemary, and pepper. In a large bowl, combine carrots, brussels sprouts, onion, oil, garlic, and half the salt mixture; toss to coat. Transfer to an oiled rimmed baking sheet pan.
- ✓ Add paprika to remaining spice mixture. Sprinkle chicken with paprika mixture; arrange chicken in among vegetables. Roast until a thermometer inserted in chicken reads 170-175 degrees and vegetables are just tender, 35-40 minutes.
- ✓ Remove chicken to a serving platter; keep warm. Top vegetables with spinach. Roast until vegetables are tender and spinach is wilted, 8-10 minutes longer. Stir vegetables to combine; Serve alongside chicken.
- ✓ Sheet tray may be prepared with vegetables and chicken the night before, covered and chilled overnight, then baked the following day, adding spinach. Flavors will be enhanced.