Sheet Pan Chicken & Veggies

Great with a fruit salad

6 servings

INGREDIENTS

6 chicken thighs, skin on
1-1/2 c. baby carrots
1-1/2 c. cauliflorets or brussels sprouts
1 red onion, cut in wedges
salt & pepper
olive oil

NOTES

This easy one-pan supper supplies both meat and vegetable for a delicious and quick dinner.

DIRECTIONS

1. Preheat oven to 450 degrees. Pat chicken dry.
2. Place thighs and vegetables on a rimmed baking sheet; drizzle with olive oil; sprinkle with plenty of salt and pepper and pinches of other herbs such as basil or oregano if you'd like.
3. Bake for 15 minutes, gently stir around, and bake another 15-20 minutes, until meat is cooked through.