



Maple Roasted Chicken with Sweet Potatoes and Brussels Sprouts

Fall flavors come together in this easy sheet pan dinner: Chicken thighs encrusted with maple and thyme alongside sweet potatoes and roasted Brussels sprouts. This warm and inviting dish topped with pecans and cranberries is even better as leftovers.

Serves: 4

Serving Size: 1 chicken thigh, ½ cup of vegetable mixture

Ingredients

- 2 T maple syrup
- 4 tsp olive oil, divided
- 1 T fresh thyme or 1 tsp dried
- ½ tsp salt, divided
- ½ tsp black pepper, divided
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- 4 bone in, skin on chicken thighs
- 3 T dried cranberries
- 3 T pecans, toasted and chopped

Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or foil.
2. In a small bowl, combine maple syrup, 1 tsp oil, thyme, and ¼ tsp salt and ¼ tsp pepper and set aside.
3. In another bowl, combine sweet potatoes and Brussels sprouts and drizzle with remaining 3 tsp of oil. Add the remaining salt and pepper. Toss vegetables to coat.
4. Sprinkle chicken with salt and pepper. Arrange the chicken in the center of the baking sheet and place the vegetables around the chicken. Roast for 20 minutes.
5. Flip chicken and stir vegetables, then brush with the maple syrup mixture. Roast for 20 minutes more, or until the internal temperature of the chicken reaches 165°F and chicken and vegetables have browned.
6. Top with pecans and cranberries. Enjoy!

Nutrition Info per serving:

Calories: 463, Saturated Fat: 6.6g, Sodium: 342.2mg, Added Sugars: 14g, Fiber: 5.2g, Protein 25.1g

Recipe adapted from: <https://www.eatingwell.com/recipe/259962/maple-roasted-chicken-thighs-with-sweet-potato-wedges-and-brussels-sprouts/>