



Baked Maple Glazed Chicken with Carrots and Potatoes

Fall flavors come together in this easy sheet pan dinner that is gluten and dairy free and is a good source of protein, Vitamins A, C and potassium. One teaspoon of Italian seasoning can be substituted for the rosemary and other vegetables like cauliflower, broccoli and sweet potatoes can also be used instead of the carrots.

Serves: 4

Serving Size: 1 chicken thigh with 1 cup vegetables

Ingredients

- 1 T. finely chopped fresh rosemary, divided
- ¾ tsp. salt, divided
- ¼ tsp black pepper
- 4 bone-on, skin-on chicken thighs
- 1 pound medium carrots, peeled and halved lengthwise if large
- 1 pound red or yellow potatoes, cut into 1 inch chunks (or use baby potatoes and cut in half)
- 4 T extra virgin olive oil
- 2 T pure maple syrup

Directions

1. Position oven racks in the upper and lower thirds of the oven. Preheat to 400°F and line a baking sheet with foil.
2. Combine ½ T. rosemary, ½ tsp. salt, and pepper in a small bowl. Rub mixture all over chicken as well as under chicken skin. Place chicken skin side up on the baking sheet and place the halved carrots and cut potatoes around the chicken.
3. Whisk together the olive oil and maple syrup in a small bowl. Add mixture to the carrots and chicken, making sure they are coated well.
4. Sprinkle remaining ¼ tsp. salt and ½ T chopped rosemary on the carrots and potatoes.
5. Roast the chicken and vegetables on the upper rack until golden or until a food thermometer reads 165°F for the chicken, carrots until caramelized, and potatoes are browned, about 30 minutes (flipping once halfway).
6. For extra flavor, drizzle the drippings from the chicken onto the carrots and potatoes.

Nutrition Info per serving:

Calories: 170, Saturated Fat: 1.3g, Sodium: 238mg, Fiber: 3.6g, Protein 7.5g

Recipe adapted from: <https://www.eatingwell.com/recipe/7951500/roasted-maple-glazed-chicken-carrots/>