

Sheet pan chicken and root vegetables

serves 4

A simple, easy meal that uses healthy vegetables that are inexpensive in the Fall.

Ingredients:

4 chicken thighs
2 carrots, cubed or cut into sticks
2 potato or turnip or parsnip, cubed
2 beets, cubed (optional)
2 handfuls of brussels sprouts (optional)
3 tablespoons oil
Salt and pepper to taste
1 tsp garlic powder or 1 clove fresh garlic, minced
Paprika (optional)
Parsley (optional)

Method:

Preheat oven to 425° F.

Spread chicken and root vegetables of your choice on a rimmed sheet pan or in a casserole dish.

Drizzle evenly with oil. Sprinkle with salt, pepper and other flavourings.

Put into hot oven and roast for about 30 minutes, until the chicken is no longer pink and the vegetables are tender.

Enjoy!

