

# **Sheet Pan Roast Chicken Dinner**

Recipe adapted from [Cook's Country](#)

**Serves 6**

## **Ingredients**

2 sweet potatoes, peeled and cut into chunks  
1 lb Brussels sprouts, trimmed and halved  
½ cup onion, chopped  
6 garlic cloves, peeled  
4 tsp minced fresh thyme  
1 Tbsp olive oil  
2 tsp minced fresh rosemary  
¾ tsp salt  
¼ tsp pepper  
2 Tbsp butter, melted  
3 ½ lbs bone-in chicken pieces  
(thighs or leg quarters work well)



## **Directions**

1. Arrange oven rack to upper middle position. Preheat oven to 475°F.
2. Toss vegetables with thyme, oil, salt and pepper in a large bowl. Spread vegetables in an even layer in a large sheet pan.
3. Pat chicken dry with paper towels and season lightly with salt and pepper. Place chicken on top of vegetables in sheet pan, arranged skin side up. Stir rosemary and melted butter together and brush evenly over chicken pieces. Roast approximately 35 minutes or until chicken is approximately 165°F. Rotate pan once halfway through cooking.
4. Remove from oven, loosely cover with aluminum foil and let rest for 5-10 minutes before serving.

**Nutrition Information per Serving:** 300 calories, 13g fat, 4.5g saturated fat, 160mg cholesterol, 480 mg sodium, 18g carbohydrates, 5g fiber, 34g protein