

MapleRoasted Chicken Thighs

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

A little maple syrup brings life to roasted chicken thighs sweet potato wedges and caramelized Brussels sprouts. Dried cranberries and pecans add tartness and crunch.

Ingredients

- - 2 tablespoons maple syrup - 1 tablespoon snipped fresh thyme - 2 tablespoons olive oil
- divided - $\frac{3}{4}$ teaspoon salt
- divided - $\frac{3}{4}$ teaspoon ground black pepper
- divided - 1 pound sweet potatoes
- peeled and cut into 1-inch wedges - 1 pound Brussels sprouts
- trimmed and halved - 4 bone-in chicken thighs - $\frac{1}{4}$ cup chopped toasted pecans - $\frac{1}{4}$ cup chopped dried cranberries

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Line a 10x15-inch baking pan with foil. Whisk together maple syrup
2. thyme
3. 1 teaspoon olive oil
4. 1/4 teaspoon salt
5. and 1/4 teaspoon pepper in a small bowl. Set aside. Toss together sweet potatoes
6. Brussels sprouts
7. 2 teaspoons olive oil
8. 1/4 teaspoon salt
9. and 1/4 teaspoon pepper in a large bowl. Set aside. Brush chicken with remaining 1 tablespoon olive oil; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange chicken
10. skin-side down
11. in the center of the prepared pan. Arrange sweet potato mixture around chicken. Roast in the preheated oven for 15 minutes. Turn chicken over; brush chicken
12. sweet potatoes
13. and Brussels sprouts with maple syrup mixture. Continue to roast until sweet potatoes are tender and chicken is no longer pink in the center and the juices run clear
14. about 15 minutes. An instant-read thermometer inserted into the center of chicken near the bone should read at least 165 degrees F (74 degrees C). Sprinkle with pecans and cranberries to serve.