



SHEET PAN CHICKEN AND VEGETABLE DINNER

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A quick and easy family dinner that has all the bells and whistles from a taste and nutrition standpoint. Feel free to tinker with the vegetables, using sweet potatoes instead of white and other sturdy vegetables in place of the Brussel sprouts. Keep in mind, that any ingredient swaps may affect cooking times, so keep an eye on things as your dinner roasts in the oven.

Ingredients:

- One 3 – 4 lb **whole chicken** or 2 **half chickens**
- 1 teaspoons kosher salt, plus more for seasoning the vegetables
- Freshly ground black pepper
- Any favorite herbs or spices for roasting chicken, ie spice rubs or fresh or dried herbs
- 1 pound small, waxy potatoes, such as yellow finn, red, or fingerling
- 1 pound Brussel sprouts or carrots
- 1 tablespoon extra-virgin olive oil
- 1/2 lemon (optional)

Directions:

1. Preheat oven to 400 degrees F
2. Rinse and dry the chicken. Set chicken, breast-side up, on one end of a large baking sheet with sides. Season the outside of the chicken with 1 teaspoon salt and freshly ground black pepper. If desired, season the chicken with 1 to 2 teaspoons of additional fresh or dried herbs, paprika, or a favorite spice mix.
3. Use a paring knife to trim the bottoms of the brussels sprouts and lay alongside the chicken, leaving room for the potatoes.
4. If the potatoes are much fatter than your thumb, cut them in half or in quarters so they are about the size of a large brussel sprout. Lay the potatoes alongside the brussels.
5. Drizzle olive oil over the vegetables and use your hands to coat them evenly. Add a generous pinch of salt to the vegetables.
6. Put the baking sheet into the oven. After 40 minutes, remove the tray and use a pastry brush to coat the chicken with its juices. The brussels and carrots are likely to be done by now, so use a large spatula to transfer them to a bowl to keep warm by the stove. Stir the potatoes.
7. Return the baking sheet to the oven and continue to cook until the chicken is golden and cooked through (165 degrees on an instant read thermometer inserted in the inner thigh -- between the leg and breast). This takes about an hour.
8. Remove chicken from the oven. If you have a half of a lemon, squeeze the juices over the chicken and vegetables.
9. Let the chicken cool for at least 5 minutes and then carve into pieces. Spoon the chicken drippings over everything and serve.