RECIPE

Sheet-Pan Chicken with Apples and Brussels Sprouts

A one-pan dinner of roasted chicken breast, apples, potatoes and Brussels sprouts, at about 400 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 12 oz baby red potatoes, halved
- [ ] 12 oz Brussels sprouts, trimmed and halved
- [ ] 1 small red onion, cut in wedges
- [ ] 2 tbsp olive oil
- [ ] ½ tsp salt, divided
- [ ] 1 ½ lb boneless skinless chicken breasts, pounded to ¾ in thick
- [ ] 1 tsp paprika
- [ ] 1 tsp dried thyme
- [ ] 1 tsp garlic powder
- [ ] ½ tsp ground sage
- [ ] ½ tsp black pepper
- [ ] 2 crisp apples, cored and cut in ½-in wedges
- [ ] 1 tbsp cider vinegar

Method

1. Heat the oven to 425 °F with a rack in the middle. Line a 13 × 18 in sheet pan with parchment.
2. Toss the potatoes with 1 tbsp of the oil and ¼ tsp of the salt. Spread them cut side down on the pan and roast 10 minutes.
3. Toss the Brussels sprouts and onion with the rest of the oil and ¼ tsp salt. Add them to the pan, sprouts cut side down.
4. Mix the paprika, thyme, garlic powder, sage and pepper. Pat the chicken dry and press the mix onto both sides. Set the chicken in the middle of the pan, between the vegetables.

- [ ] Parchment paper

5. Roast 12 minutes. Add the apples around the chicken and roast 10 to 12 minutes more, until the thickest part of the chicken reads 165 °F and the sprouts are browned. Oven heat is the same at altitude.

6. Let the chicken rest 5 minutes, then slice. Sprinkle the vinegar over the pan and serve.

7. Cool leftovers no more than 2 hours, then refrigerate. Reheat each serving to 165 °F.