



Chef Gavin Jobe's Roasted Chicken Thighs

with Sweet Potatoes, Brussels Sprouts, Red Onion Hash and Honey Mustard Vinaigrette

Yield: 4 servings

Time: Approximately 20 minutes prep time, 45 minutes cooking time

Ingredients

4 medium sweet potatoes

2 pounds Brussels sprouts

1 medium red onion

3 cloves garlic

4 to 8 bone-in, skin-on chicken thighs

(Adjust number of thighs depending on size.)

4 tablespoons olive oil

Salt and pepper, to taste

1 tablespoon smoked paprika

1 pinch cayenne (optional)

1 to 2 lemons

2 tablespoons honey

2 tablespoons Creole mustard

5 sprigs fresh thyme, stems removed and discarded, leaves chopped



The American Heart Association and Healthier Northshore are working together to address the social determinant of food insecurity on a systematic level by providing fresh food, education and a community of support to keep those without access connected to healthy choices.





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Directions

1. Preheat oven to 400 degrees F.
2. While waiting for oven to heat, prep your vegetables by peeling sweet potatoes and cutting into 1-inch cubes; cutting the ends off Brussels sprouts and splitting each in half through the root; cutting the red onion into 1-inch pieces; and smashing and roughly chopping the garlic. Set all aside.
3. Place chicken on cutting board, drizzle with some of the olive oil, then season thoroughly with salt, pepper, paprika and cayenne (if using). Transfer seasoned thighs to center of roasting pan, skin side up.
4. Put sweet potatoes and Brussels sprouts into a mixing bowl and drizzle with enough oil to lightly coat them. Add to roasting pan, arranging them around the thighs.
5. Put pan on the center rack of oven, uncovered, and roast for 20 minutes.
6. Lightly oil the chopped onions in a small bowl and set aside.
7. In the mixing bowl, create Honey Mustard Vinaigrette by whisking the juice of 1 to 2 lemons with honey, mustard, garlic, thyme and the rest of the olive oil.
8. After 20 minutes, remove roasting pan from oven, add onions and stir veggies. Return to oven for another 15 minutes.
9. Remove pan from oven, drizzle vinaigrette over the veggies and stir once more. Return to oven for 4 to 5 minutes.
10. Remove from the oven and let rest for 5 minutes. Enjoy!

Find more heart-healthy recipes at [recipes.heart.org](https://www.recipes.heart.org)