



One Pan Chicken, Root Veggies & Rapini

4 servings

1 hour 5 minutes

Ingredients

2 Sweet Potato (medium, peeled, chopped)
6 Heirloom Carrots (peeled, chopped)
680 grams Chicken Thighs (boneless, skinless)
3 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Oregano
1/2 tsp Thyme
Sea Salt & Black Pepper (to taste)
1 cup Chicken Broth, Low Sodium
227 grams Rapini (chopped)

Nutrition

Amount per serving	
Calories	413
Carbs	25g
Fiber	6g
Sugar	7g
Protein	38g
Cholesterol	160mg
Sodium	298mg
Vitamin A	26053IU
Vitamin C	19mg
Calcium	138mg
Iron	4mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Add the potatoes, carrots, and chicken to a baking dish. Add 2/3 of the oil, the oregano, thyme, salt, and pepper, and toss to combine.
- 3 Add the broth and cook in the oven for 45 to 50 minutes or until the vegetables are fork-tender and the chicken is cooked. Add more broth if needed.
- 4 While the chicken and vegetables are cooking, massage the remaining oil into the rapini and season with salt and pepper. Add the rapini to the oven with the chicken and vegetables when there is about 10 minutes left of cooking.
- 5 Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two chicken thighs with 1 1/2 cups of vegetables.

More Flavor: Add garlic and onions.