

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sheet Pan Chicken Thighs with Green Beans and Potatoes

From www.barefeetinthekitchen.com

5-6 small bone-in chicken thighs
1 pound small red potatoes, halved
1 pound fresh green beans
¼ cup olive oil
2 Tbsp fresh lemon juice
2 cloves garlic, minced
1 ½ tsp salt
1 tsp freshly ground black pepper
1 tsp dried basil*
1 tsp dried oregano*
1 tsp dried thyme*

1. Preheat oven to 400°F. Place the chicken, potatoes, and green beans on a large baking sheet.
2. Stir the olive oil, lemon juice, and garlic together with all of the spices. Drizzle the spice mixture over the meat, potatoes, and vegetables. Use your hands to stir the pieces around a bit and make sure everything is well coated. Be sure to leave the chicken skin-side up.
3. Place the pan in the center of the oven and roast for approximately 50 minutes, until the chicken is golden brown and cooked through. The potatoes should be tender and slightly crisp and the green beans should be browned, crisp and somewhat shriveled.

*If you have Italian seasoning, you can substitute 1 Tbsp of that for the herbs marked with an *. If your potatoes are bigger than about 1-inch in size, you'll want to quarter them to make sure they pick up plenty of flavor from the seasonings.