

Roasted Chicken with Sweet Potato and Apple

A rustic autumn-inspired meal



INGREDIENTS:

4 boneless, skinless chicken breasts
3 tablespoons olive oil
4 garlic cloves, minced
1 teaspoon cinnamon
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon rosemary
4 cups Brussels sprouts, trimmed and halved
1 large sweet potato, cut into 1/2" cubes
1 red onion, cut into 3/4" pieces
1 Granny Smith Apple, peeled, cored and cut into 1" pieces

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Season chicken with 1 1/2 tablespoons olive oil, minced garlic, rosemary, cinnamon, salt and pepper. Rub oil and spices into chicken well.
3. Place chopped Brussels sprouts, sweet potato, onion and apple on a large baking sheet. Drizzle with 1 1/2 tablespoons olive oil and sprinkle with salt and pepper. Toss evenly to coat and place in a single layer.
4. Put chicken on top of the apple and vegetable pieces. Place in the oven and roast for about 20 minutes.
5. After 20 minutes, check the temperature of the chicken and remove once it's reached an internal temperature of 165 degrees. Set aside on plate.
6. Sprinkle apple and veggies with rosemary and put back into the oven to caramelize, about 10-15 minutes.
7. Once finished, serve with roasted chicken.

Source: wellplated.com



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