



Maple-roasted chicken thighs with sweet potatoes and brussel sprouts 🥰

ASHLEY'S MEAL PREP MONDAY

WITH CARTWRIGHT'S MARKET

MAPLE-ROASTED CHICKEN THIGHS with SWEET POTATOES AND BRUSSEL SPROUTS

- 2 TBSP AVOCADO OIL
- 2 TBSP MAPLE SYRUP
- 1 TBSP FRESH THYME
- SALT/PEPPER TO TASTE
- 1 LB SWEET POTATOES PEALED AND CUT INTO CUBES
- 1 LB BRUSSEL SPROUTS CUT IN HALF
- 4 CHICKEN THIGHS (1 1/4 lb)
- 1/4 CUP CHOPPED PECANS
- 1/4 CUP CHOPPED DRIED CRANBERRIES

PRE HEAT OVEN TO 425
WHISK TOGETHER 1 TSP OIL, SYRUP, THYME AND SALT/PEPPER IN SMALL BOWL

TOSS TOGETHER SWEET POTATOES AND BRUSSELS IN LARGE BOWL WITH 2 TSP OIL AND SALT/PEPPER

LINE A COOKIESHEET WITH FOIL
BRUSH CHICKEN WITH REMAINING OIL
SPRINKLE WITH SALT/PEPPER

ARRANGE CHICKEN SMOOTH SIDE DOWN IN CENTER OF COOKIESHEET

ARRANGE VEGGIES AROUND CHICKEN AND ROAST FOR 15 MINUTES

TURN CHICKEN OVER. BRUSH IT AND THE VEGGIES WITH MAPLE SYRUP MIXTURE

ROAST FOR ANOTHER 15-ISH MINUTES UNTIL POTATOES ARE TENDER

SPRINKLE WITH PECANS AND CRANBERRIES