

Sheet pan chicken and brussels sprouts

Makes: 6 servings | Prep: 15 mins | Total: 1 hour

Using one pan to make dinner makes prep and cleanup simple. Plus, the flavors mingle for extra deliciousness in every bite. Double the recipe¹ to use leftovers in sandwiches or chopped up on salad or rice bowls.

Ingredients

- 2 cups brussels sprouts, halved
- 1 red apple cut into slices
- 1 (4 oz) package ham (cubed or sliced)
- 2 Tbsps olive oil, divided
- 1 tsp minced fresh rosemary (or your favorite herb)
- 6 skinless, boneless chicken thighs
- Salt and ground black pepper to taste

Preparation

- Preheat the oven to 425°F.
- Toss brussels sprouts, apple and ham with 1 Tbsp olive oil and rosemary in a bowl. Spread into a single layer on a parchment paper-lined sheet pan.
- Toss chicken with the remaining 1 Tbsp oil in the same bowl. Nestle the chicken in the vegetables on the sheet pan. Sprinkle salt and pepper on top.
- Bake in the preheated oven, stirring the brussels sprouts mixture every 15 minutes until chicken is no longer pink in the center and the juices run clear, 40 to 45 minutes. An instant-read thermometer inserted into the center should read at least 165°F.



Nutrition

Serving size: 1 piece of chicken, ½ cup vegetables



Calories: 212 | total fat: 24 g | saturated fat: 7 g | sodium: 420 mg | cholesterol: 150 mg
total carbs: 8 g | fiber: 2 g | sugars: 3 g | protein: 30 g | potassium: 450 mg

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¹<https://www.allrecipes.com/recipe/262533/chicken-apple-and-brussels-sprout-sheet-pan-dinner/>