

## Maple Roasted Chicken and Vegetables

*Makes 4 servings, ¼ of the pan*

### Ingredients:

3 tablespoons pure maple syrup  
3 tablespoons of olive oil  
2 tablespoons fresh thyme  
2 tablespoons fresh minced garlic  
½ teaspoon of salt and pepper  
4 bone in chicken thighs  
5 medium carrots peeled and chopped  
2 sweet potatoes cut into 1-inch pieces  
3 beets cut into 1-inch pieces  
2 cups of brussels sprouts cut and trimmed

3 tablespoons of walnuts  
3 tablespoons of dried cranberries

### Instructions:

Preheat oven to 425 degrees.

#### Step 1

In a bowl create seasoning mixture by combining maple syrup, olive oil, thyme, garlic, salt and pepper, and mix until incorporated. Reserve ¼ the of mixture in a separate dish for later.

#### Step 2

Coat chicken and vegetables with seasoning mixture.

#### Step 3

Line a baking sheet with foil and spray with cooking spray. Arrange chicken in the center of the pan and place vegetable around chicken. Roast for 15 minutes.

#### Step 4

Turn chicken and vegetables over and coat with remaining seasoning mixture and roast for an additional 15 minutes, or until the chicken's internal temperature reaches 165 degrees.

#### Step 5

Remove from oven and top with walnuts and cranberries

**Nutritional information per serving:** calories 505; carbohydrates 47 g; total fat 24 g; protein 27grams; sodium 393 mg