



PAPRIKA CHICKEN THIGHS w/BRUSSELS SPROUTS

Intermediate Lifestyle

INGREDIENTS

1 pound Brussels sprouts, trimmed and halved (or quartered if large)
4 small shallots, quartered
1 lemon, sliced
3 TBS extra-virgin olive oil, divided
¾ TSP salt, divided
½ TSP ground pepper, divided
2 cloves garlic, minced
1 TBS smoked paprika, sweet or hot
1 TSP dried thyme
4 large or 8 small bone-in chicken thighs (about 2 1/2 pounds), skin removed

INSTRUCTIONS

—Position rack in lower third of oven; preheat to 450° F.

—Combine Brussels sprouts, shallots and lemon with 2 TBS oil and 1/4 TSP each salt and pepper on a large rimmed baking sheet.

—Mash garlic and the remaining 1/2 TSP salt with the side of a chef's knife to form a paste. Combine the garlic paste with paprika, thyme and the remaining 1 TBS oil and 1/4 TSP pepper in a small bowl. Rub the paste all over chicken. Nestle the chicken into the Brussels sprouts.

—Roast on the lower rack until the Brussels sprouts are tender and an instant-read thermometer inserted into the thickest part of the chicken without touching bone registers 165° F, 20 to 25 minutes.

SERVING INFO: (Yields 4 serving):

1 large or 2 small thighs + 3/4 cup vegetables = 1 P, 1 ½ V