

Roasted Chicken Thighs and Vegetables with Quinoa

Yield: 4 servings

Ingredients

4 each	Chicken thighs, bone-in
2 each	Sweet potatoes, large dice
1 pound	Brussels sprouts, quartered
1 each	Red onion, sliced
3 tablespoons	Canola oil
1 ¼ teaspoons	Salt, divided
1/2 teaspoon	Black pepper
1 cup	Quinoa, white or tri-colored
2 cups	Vegetable broth, unsalted (or water)
1 tablespoon	Balsamic vinegar
2 teaspoons	Italian seasoning, divided
2 teaspoons	Paprika

Equipment

- Large Baking Sheet
- Parchment Paper
- Large Bowl
- Measuring Spoons
- Measuring Cups
- Fine Mesh Sieve
- Medium Pot
- Fork
- Wooden Spoon



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SESSION 1 Recipes

Roasted Chicken Thighs and Vegetables with Quinoa, cont.

Method

1. Preheat the oven to 400° F.
2. In a large bowl, toss brussels sprouts, sweet potatoes and onion with 3 Tbsp of canola oil, 1 tsp of Italian seasoning, 1 ½ tsp paprika, ½ tsp of salt, and ½ tsp black pepper.
3. Spread vegetables evenly on a sheet pan covered with parchment paper (do not over-crowd pan).
4. Place chicken thighs on the roasting pan and season with ½ tsp of salt and ½ tsp of paprika.
5. Roast for 25 to 30 minutes or until vegetables are tender and chicken registers an internal temperature of 165*.
6. In the meantime, rinse quinoa in a fine mesh sieve until water runs clear.
7. Transfer quinoa to a medium pot with water (or broth) and 1 tsp of Italian seasoning and 1/4 tsp of salt. Bring to a boil, then lower heat and simmer, uncovered, until quinoa is tender, and a white "tail" appears around each grain, about 12-15 minutes.
8. Toss cooked quinoa with balsamic vinegar, then top with roasted vegetables and chicken thighs.

Helpful Tips

- Cook quinoa in advance and store in an airtight container in the freezer (up to 6 months) and defrost in the microwave when ready to use.
- Pre-cook the sweet potatoes and brussels sprouts in the microwave to shorten the roasting time. Add cut vegetables into a microwavable bowl with a tablespoon of water. Microwave on high for 3-4 minutes.
- Substitute 2 teaspoons fresh herbs for 1 teaspoon dried. If adding fresh, mix with quinoa at the end.



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