

rollingpinonline.com

P: 813.653.2418

F: 813.685.3450



Brandon Crossroads

2080 Badlands Drive

Brandon, FL 33511

Sheet Pan Chicken Thighs with Brussels Sprouts, Butternut Squash, & Cherries

Serves 4

This recipe just might become a new fall family favorite! With just a few minutes of prep time and a reliable meat thermometer, this recipe is a weeknight dinner winner. We love the sweet and tangy glazed chicken thighs, hearty autumn vegetables, and sweet cherries - what an easy, flavorful combination!

Ingredients:

8 bone-in, skin on chicken thighs

1/4 teaspoon kosher salt

1/4 teaspoon fresh ground pepper

4 cups chopped, peeled butternut squash, cut into 3/4-inch chunks

1 lb Brussels sprouts (about 3 cups), trimmed and halved

2 tablespoons olive oil

1 shallot, diced

1/2 cup dried cherries

Glaze Ingredients:

1/3 cup maple syrup

1/3 cup Dijon mustard

1 tablespoon fresh lemon juice

2 tablespoons olive oil

Directions:

1. Preheat the oven to 450°F with a rack about 6 inches from the top of the oven.

2. Season the chicken thighs with kosher salt and pepper on both sides.

3. In a large bowl, mix the glaze by whisking together the maple syrup, Dijon mustard, lemon juice and olive oil. Brush the chicken with the glaze on both sides.

4. Add the butternut squash cubes and shallot to the remaining glaze, and toss to combine. In a separate bowl, mix the Brussels sprouts and dried cherries with 2 more tablespoons of olive oil, kosher salt, and pepper.

5. Spread out all of the prepared vegetables and chicken thighs in a single layer on a large sheet pan. Roast for 25 to 30 minutes, or until the chicken's internal temperature reaches 165 degrees F. If you desire, broil the chicken for an additional 2-3 minutes until a golden crust is formed on the skin. Serve warm.