



Sheet Pan Roasted Chicken, Brussels Sprouts & Maple-Cinnamon Apples

30 minutes | 2 servings

Find cookware

[baking sheet pan](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[oven mitts](#)
[stirring spoon](#)
[tongs](#)

Grab ingredients

1 lb	Brussels sprouts
1 lb	chicken thighs, boneless skinless
1	Gala apple
2 cloves	garlic
½ lb	new potatoes
	black pepper
	cinnamon, ground
	crushed red pepper
	extra virgin olive oil
	pure maple syrup
	salt
	thyme, dried

Cook & enjoy

- 1 Preheat oven to 425°F.
- 2 While the oven heats up, pat the chicken thighs dry with paper towels and place on a baking sheet pan; rub with oil and season with salt and pepper on both sides.
1 lb chicken thighs, boneless skinless
1 tbsp extra virgin olive oil
¼ tsp salt
⅛ tsp black pepper
- 3 Place baking sheet in the oven (it doesn't have to be fully heated) and roast until chicken starts to brown, about 8 minutes.
- 4 Meanwhile, wash, dry, and quarter the potatoes. Place in a medium bowl.
½ lb new potatoes
- 5 Wash, dry, trim, and halve the Brussels sprouts; add to the bowl.
1 lb Brussels sprouts
- 6 Peel and mince garlic; add to the bowl.
2 cloves garlic
- 7 Add oil and spices to the bowl and toss to coat.
1 tbsp extra virgin olive oil
¼ tsp salt
¼ tsp thyme
⅛ tsp black pepper
1 pinch crushed red pepper
- 8 Remove baking sheet pan from the oven, flip chicken, and push to one side. Add Brussels sprouts and potatoes in an even layer. Return to oven and roast until veggies start to soften, about 8 minutes.

- 9 Meanwhile, wash, quarter, core, and slice apple into wedges. Place in the medium bowl with maple syrup and cinnamon; toss to coat.
1 Gala apple
1 tbsp pure maple syrup
1/4 tsp cinnamon
- 10 Add apples to the baking sheet pan, on top of the chicken, and cook until veggies are fork-tender and chicken is cooked through, about 8 minutes more.
- 11 To serve, divide chicken and veggies between plates and enjoy!