



# Sweet Harmony

## Jarring Instructions

### YIELD

1 cup 2 Tablespoons

### PREP TIME

5 minutes

## Ingredients

- 1/2 cup dark brown sugar
- 2 Tablespoon salt
- 1 1/2 Tablespoons black pepper
- 1 1/2 Tablespoons smoked paprika
- 1 1/2 Tablespoons garlic powder
- 1 1/2 Tablespoons onion powder
- 3 teaspoons ground mustard
- 3 teaspoons cayenne pepper

## Steps

1. Measure and mix all ingredients together.
2. Store or use as desired.

# Baking Instructions

BAKING PREP TIME

10 minutes

BAKING TIME

45 minutes

## Baking Ingredients

- 1.5 pounds of chicken thigh with skin/bone (or your choice of protein)
- 2 cups of zucchini, cut into bite-sized chunks
- 3 Tablespoons of Sweet Harmony spice mix
- 2 Tablespoons of olive oil

## Baking Steps

1. Preheat oven to 425°.
2. Place chicken thighs on sheet pan, nestled among the zucchinis.
3. Drizzle olive oil over chicken thighs and zucchinis.
4. Sprinkle Sweet Harmony over the chicken thighs and zucchinis.
5. Bake for 40-45 minutes. Enjoy with rice or other sides.