

Oven Roasted Chicken and Roasted Carrots and Brussels Sprouts

Chicken:

1. Heat oven to 425 degrees
2. Sprinkle chicken with salt and pepper.
3. Rub the brown sugar chimichurri mixture on both sides of the chicken. The baggie is labeled A.
4. Put the chicken in a rimmed pan or baking dish. Drizzle a little olive oil on each piece of chicken.
5. Put the chicken in the oven and roast until it is browned for 30 minutes. Then turn the chicken over and roast it for another 10 to 15 minutes. The chicken needs to be cooked through.

Roasted Carrots and Brussels Sprouts

1. Wash the carrots and cut them into 3 or 4 pieces.
2. Wash the Brussels Sprouts and cut them in half.
3. Place the carrots and Brussels Sprouts on a sheet pan and drizzle olive oil over them. Sprinkle with salt and pepper. Then sprinkle with the lemon pepper. It is the baggie labeled B. Rub the olive oil and spices into the veggies. Roast in the oven with the chicken for 40 to 45 minutes. Until they are tender.

Plate: Place 1 piece of chicken on a plate and add a side of the roasted carrots and Brussels Sprouts. Enjoy!!