

Autumn Roasted Chicken

Heat Oven to 450 Degrees

Marinate:

Sprinkle Chicken Thighs with Salt and Pepper

Cut Onion into 8 pieces... if you have one

Mince the garlic cloves

Mince the Thyme and Rosemary

Add 2 Tablespoons Olive Oil and the juice of one lemon to a plastic bag. Double the Olive Oil and Vinegar if you have 4 servings.

-If you do not have red wine vinegar, you can use another kind.

Add all these ingredients to the plastic bag. Rub the herbs and oil all over the thighs.

Let the chicken rest while you prepare the other ingredients.

Veggies and Apples and Bacon:

Wash and dry the Romanesco and cut it into golf ball sized pices.

Wash and dry the sweet potatoes and cut them into small cubes.

Roast:

Add the veggies and apples to a sheet pan.

Drizzle with 2 Tbs olive oil, season with salt and pepper then toss to coat. Spread the ingredients out evenly on a sheet pan.

Top with chicken and onion pieces.

Roast in your oven for 30 minutes, until the chicken is cooked through. Turn the chicken thighs one time after they have roasted for 15 minutes.

Plate: Add 2 chicken thighs to a plate and add a side of the veggies. Enjoy!!!!!!