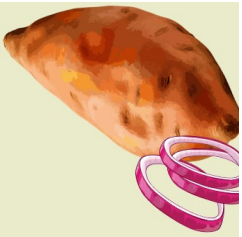
Adapted from: www.eatingwell.com

Roast Chicken & Sweet Potato



INGREDIENTS

* 2 tablespoons Dijon mustard
* 2 tablespoons chopped fresh thyme (2 teaspoons dried)
* 2 tablespoons olive oil, divided
* 1/2 teaspoon salt, divided
* 1/2 teaspoon ground pepper, divided
* 1 1/2-2 pounds chicken, skin removed
* 2 medium sweet potatoes, peeled and cut into 1-inch pieces
* 1 large red onion, cut into 1-inch pieces

DIRECTIONS

Preheat Oven to 450°F and position rack to the lower third. Place a rimmed baking sheet inside to warm up.

In a bowl, mix mustard, thyme, 1 tbsp oil, 1/4 tsp each salt & pepper. Coat the chicken in the marinade.

In a separate bowl, toss sweet potatoes and onion with 1 tbsp oil, 1/4 tsp each salt & pepper.

Remove hot baking sheet from oven, spread veggies evenly on the pan, and top with chicken. Roast for 30-35 minutes, stirring veggies halfway, until chicken reaches 165°F.

Let the chicken rest for ~10 minutes, before serving.

WIC IDAHO

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