

One Pan Brussels Sprout Bowl

Serves 4-6 • 75 minutes or less

This is a straightforward one-pan meal. You can make this recipe even easier by grabbing a rotisserie chicken or using leftover chicken you have at home. No slivered almonds? Swap them for chopped toasted almonds but next time you are at the store grab a bag of slivered almonds. Toast them right when you get home and store them in your pantry for when you need them. Having items like that ready to go make meals more interesting and super fast. If you don't have exact quantities for this recipe – wing it!

Ingredients

A few handfuls of slivered almonds

**2 bone in skin on chicken breasts
(or a rotisserie chicken/leftover chicken)**

1.5 lbs brussels sprouts

2 apples, pink lady are my pick

2 yellow onions

2 garlic cloves, sliced

3 tablespoons red wine vinegar

2 teaspoons grainy mustard

1 tablespoon maple syrup

1/4 cup olive oil

Parmesan cheese

Instructions

Heat an oven to 425° – if you have convection, use it

1. If your sliced almonds are raw, spread them on a large sheet tray and toast them for 15ish minutes until they are toasty and golden. Transfer them to a bowl to cool.

2. Place 2 bone in skin on chicken breast in the middle of that same tray. Rub them with olive oil and season them with salt and pepper. Pop them into the oven and roast for 25-35 minutes until the internal temperature is 165°. When they are fully cooked, transfer them to a cutting board to rest.

3. While the chicken is roasting – use a mandoline, or a knife, to slice the brussels sprouts, apples, and onions into thin slices. Spread them on the same large sheet tray that the chicken cooked on. Drizzle with a bit of olive oil and season with salt. Use your hands to toss everything together and spread into one even layer. Pop that tray in the oven and roast the vegetables for 20 minutes, stir everything around at the halfway point.

4. While the vegetables roast – make the dressing. Add 2 sliced garlic cloves to a bowl and cover with 3T red wine vinegar. Let that sit for a minute. Next add the mustard, maple syrup, and a pinch of salt. While whisking, slowly drizzle in the olive oil. Set that off to the side. After the dressing is made – dice your chicken. First, remove the bones and then cut the chicken into bite-size pieces.

6. When the vegetables are done cooking, pull the tray out of the oven. Add the diced chicken and slivered almonds to the tray. Remove the garlic cloves from the dressing and pour the dressing over the whole tray. Season with salt and pepper and toss everything together. Serve the brussels sprout bowls with lots of grated parmesan on top.

Cooking Stuff
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