

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Paprika Chicken Thighs with Brussels Sprouts

**Makes:** 2 servings • **Active Time:** 20 minutes • **Total Time:** 40 minutes

### Ingredient

- 1 pound Brussels sprouts, trimmed and halved (quartered if large)
- 4 small shallots, quartered
- 1 lemon, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 clove garlic, minced
- 1 1/2 teaspoons smoked paprika, sweet or hot
- 1/2 teaspoon dried thyme
- 2 large or 4 small bone-in chicken thighs (about 1 1/4 pounds), skin removed



### Preparation

- Position rack in lower third of oven; preheat to 450°F.
- Combine Brussels sprouts, shallots and lemon with 1 tablespoon oil and 1/4 teaspoon each salt and pepper on a large rimmed baking sheet.
- Mash garlic and the remaining 1/4 teaspoon salt with the side of a chef's knife until it becomes a paste. Combine the garlic paste with paprika, thyme and the remaining 1 tablespoon oil and 1/4 teaspoon pepper in a small bowl. Rub the paste all over chicken. Nestle the chicken into the Brussels sprouts.
- Roast on the lower rack until the Brussels sprouts are tender and an instant-read thermometer inserted into the thickest part of the chicken without touching bone registers 165°F, 20 to 25 minutes.

**Nutrition Per serving (1 larger or 2 small thighs and 1 1/2 cup vegetables):** 541 calories; 29 g fat (6 g sat, 16 g mono); 219 mg cholesterol; 27 g carbohydrates; 0 g added sugars; 6 g total sugars; 46 g protein; 9 g fiber; 780 mg sodium;