



## “Roast Chicken and Sweet Potatoes”



**Total Time: 45 minutes**

**Servings: 4**

*Caramelized sweet potatoes and red onion are the bed for chicken thighs that cook up fast in a very hot oven--perfect for a quick healthy chicken dinner!*

### Nutrition Information: Per 1 serving

Calories	408 calories
Total Fat	17.4 grams
Saturated Fat	3.7 grams
Fiber	5.2 grams
Sodium	554 milligrams
Cholesterol	86 milligrams
Carbohydrates	33.5 grams
Iron	3 milligrams
Protein	26.9 grams
Sugar	12grams
Potassium	636 milligrams

### Ingredients:

- 2 tbsp. whole-grain or Dijon mustard
- 2 tbsp. chopped fresh thyme or 2 tsp. dried
- 2 tbsp. extra-virgin olive oil, divided
- ½ tsp. salt, divided
- ½ tsp. freshly ground pepper, divided
- 1½ to 2 lbs. bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

### Preparation:

1. Position rack in lower third of oven; preheat to 450 degrees F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and when an instant-read thermometer inserted into a chicken thigh registers 165 degrees F, 30 to 35 minutes.

Source: [Roast Chicken & Sweet Potatoes Recipe](#)

