

Salt & Vinegar Sheet-Pan Chicken & Brussels Sprouts

A strong vinegar, like malt or sherry, gives this baked chicken recipe a pucker factor reminiscent of salt-and-vinegar chips. Everything cooks on one pan, making this chicken sheet-pan dinner perfect for weeknights when you want big results for little effort (so, pretty much every weeknight!).

Source: EatingWell Magazine, October 2019

Servings: 4

Ingredients

- 1 1/2 pounds bone-in, skin-on chicken breasts
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon ground pepper, divided
- 1 1/2 pounds Brussels sprouts, trimmed and halved or quartered if large
- 2 medium red onions, cut into 1/2-inch wedges
- 6 tablespoons malt vinegar or sherry vinegar
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon sugar



Instructions

Step 1

Preheat oven to 450 degrees F.

Step 2

Cut chicken breasts into 4 equal portions. Brush with 1 tablespoon oil and sprinkle with 1/4 teaspoon each salt and pepper. Toss Brussels sprouts and onions in a large bowl with the remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Arrange the vegetables and the chicken in a single layer on a rimmed baking sheet.

Step 3

Roast until an instant-read thermometer inserted in the thickest part of a breast without touching bone registers 160 degrees F and the vegetables are tender, 20 to 25 minutes.

☐ **Step 4**

Meanwhile, mix vinegar, dill, garlic powder, onion powder, sugar and the remaining 1/2 teaspoon salt in a small microwave-safe bowl. Microwave on High until the salt and sugar dissolve, about 30 seconds.

☐ **Step 5**

Drizzle the vinegar mixture over the chicken and vegetables and roast for 5 minutes more. Transfer the chicken to a serving platter and stir the vegetables on the pan. Serve the vegetables with the chicken.

Recipe Notes

Nutritional Information

Per Serving:

387 calories; 18.8 g total fat; 3.8 g saturated fat; 83 mg cholesterol; 592 mg sodium. 934 mg potassium; 19.9 g carbohydrates; 6.9 g fiber; 6 g sugar; 35.5 g protein; 1257 IU vitamin a iu; 134 mg vitamin c; 108 mcg folate; 96 mg calcium; 3 mg iron; 69 mg magnesium;

Exchanges: 4 medium-fat protein, 3 1/2 vegetable, 2 fat