

# Sheet Pan Chicken Thighs with Baby Potatoes, Leeks and Brussels Sprouts

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*A sheet pan dinner should be easy, so use what you have. You could use chicken drumsticks, substitute the Dutch Yellow Potatoes for whatever potatoes you have, change the Brussels Sprouts for carrots, change out the leeks for thinly sliced onions. The baby Dutch Yellow Potatoes and Brussels Sprouts make it quick, because they are so easy to prep. If the potatoes are small, leave them whole or cut the larger ones in half or quarters so that they are all the same size and will cook evenly. You can adjust the amount of Sriracha hot sauce to your audience, but don't leave it out, as it adds to the flavor dimension*

4 large	chicken thighs (or 8 small)	$\frac{3}{4}$ pound	Brussels sprouts
1 pound	Baby Dutch Yellow Potatoes	1 large	leek
2 Tablespoons	olive oil	2 teaspoons	lemon zest
1 teaspoon	kosher salt or to taste	1 cup	plain yogurt
$\frac{1}{4}$ teaspoon	black pepper to taste	2	garlic cloves, minced
1 teaspoon	ground cumin	2 Tablespoons	lemon juice
1 Tablespoon +	Sriracha sauce	6 ounces	arugula leaves

- 1 Preheat oven to 400°. Use small baby potatoes or cut them in half or quarters if large, so they are all the same size.
- 2 Combine the chicken thighs and potatoes on the sheet pan. Toss with olive oil, salt and pepper, cumin and the Sriracha Hot Sauce right on the sheet pan. Turn the cut potatoes so the skin side is up. Bake for 15 minutes.
- 3 While the chicken is cooking, cut Brussels sprouts in half and slice and clean the leeks. I usually slice the leek lengthwise and then crosswise. Use only the white and light green part of the leeks and rinse carefully after slicing to remove any sand hiding between the layers. Add Brussels sprouts and leeks to a bowl with the lemon zest and a little olive oil.
- 4 After chicken and potatoes are in the oven for 15 minutes, add the sliced leeks, Brussels Sprouts and lemon zest mix to the sheet pan, shifting everything around so that it is well mixed. Place back into the oven for another 30 minutes or until the vegetables are tender and the leeks have wilted and started to brown.
- 5 Meanwhile, get the yogurt sauce ready. Mix together yogurt, minced garlic and lemon juice to a slightly runny consistency. Prep and wash some arugula leaves.
- 6 The Sheet Pan Chicken with Baby Potatoes, Leeks and Brussels Sprouts is ready when the vegetables are browned and tender.
- 7 This dish is best plated up for your guests. Use a spatula to serve a chicken thigh in the center of the plate, surrounded by the veggies. Drizzle some of the yogurt sauce on top and put the bowl on the table because you will definitely want more! Scatter the arugula leaves to garnish. Also, bring the bottle of Sriracha sauce to the table, so each person can ramp up the heat, if they wish.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Inactive Time: 30 minutes

Oven Temperature: 400°F

## Nutrition Facts

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Nutrition (per serving): 368 calories, 155 calories from fat, 17.4g total fat, 51.6mg cholesterol, 830mg sodium, 1226.6mg potassium, 36.5g carbohydrates, 6.1g fiber, 8.7g sugar, 19.2g protein.

## Source

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Author: Patricia K.Rose, May 2022

Source: Adapted from Melissa Clark's recipe in the New York Times

