



Sheet Pan Chicken Thighs and Potatoes

Recipe Below

Serves 4

Ingredients

3 Tbs olive oil
2 Tbs lemon juice or apple cider vinegar
1 garlic clove, minced
½ tsp dried oregano (or rosemary, or basil, or sage)
Kosher salt and black pepper
4-6 small bone-in, skin-on chicken thighs
4-6 small Yukon gold potatoes, cut into ¾ inch pieces
1 large red pepper, cored, seeded, cut into 1 inch strips
2 ounces feta cheese, crumbled (about ½ cup)
2 Tbs fresh dill, chopped (or parsley, basil, or mint)

Equipment

Medium bowl
Sheet pan



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In a medium bowl, combine 2 tablespoons oil with the lemon juice, garlic, oregano. Add the chicken thighs toss to coat. Let the chicken marinate for at least 30 minutes at room temperature, or up to 8 hours, covered, in the refrigerator.

Heat the oven to 425 degrees. On a sheet pan, drizzle the diced potatoes with the remaining 1 tablespoon oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper; toss well and move to one side of the pan. Pat the chicken thighs dry (this will help the skin crisp up during cooking) and place them, evenly spaced, on the other side of the pan. Roast for 15 minutes.

Remove the pan from the oven, toss the potatoes, add the pepper slices, then return everything to the oven and roast until the chicken is cooked through, the skin is golden brown, and the potatoes are tender, 15 to 25 more minutes, depending on the size of the thighs. If the potatoes are not quite tender, remove the chicken thighs to a plate to rest, and return the pan to the oven to roast until tender, another 5 to 10 minutes.

Scatter the feta and dill over the potatoes, sprinkle the whole dish with salt and pepper, and serve hot from the pan.

Variations: Adjust your protein cooking time as needed.

Try: Thin pork chops-boneless or bone-in, salmon fillets-thick.

Sweet potatoes, fennel bulb, leeks, red or yellow onion-sliced thick, red onion.