



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Roasted Chicken Thighs with Root Vegetables and Potatoes (adapted from Bon Appétit)

Serves 4

The chicken thighs provide plenty of fat, probably too much, to coat the vegetables so they cook evenly. I think this would probably work with bone-in, skin-on breasts as well, or at least a mixture (with the breasts cut in half cross-wise so they cook in the same time as the thighs).

If you aren't a fan of parsnips, replace the parsnips with more carrots or another root vegetable.

nonstick spray

1 pound medium carrots, peeled, cut into 2-inch-long, ½-inch-thick spears

1 pound parsnips, peeled, cut into 2-inch-long, ½-inch-thick spears

1½ pounds unpeeled medium Yukon Gold potatoes, scrubbed, cut into 2-inch-long, ½-inch-thick spears

1 onion, cut into 8 wedges

8 large chicken thighs with skin and bones

1 tablespoon coarse kosher salt

2 teaspoons dried thyme

1½ teaspoons freshly ground black pepper

¼ teaspoon freshly grated or ground nutmeg

1. Preheat oven to 450°F. Mix salt, thyme, 1½ teaspoons pepper, and nutmeg in small bowl. Spray a 9x13-inch baking pan with nonstick spray. Place the carrots, parsnips, potatoes, and onion in the pan and spray with a light coating of nonstick spray. (The chicken will provide plenty of cooking fat, but you want to make sure every vegetable has at least a light coating.) Stir half of the salt mixture into the vegetables. Lay the chicken, skin-side up, over the vegetables. Rub the remaining salt mixture on the chicken and under its skin.

2. Bake until the chicken is golden and cooked through, 35-45 minutes. Serve.