

# Balsamic Chicken Thighs with Roasted Veggies

SERVES 4

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## Ingredients









### FOR MARINADE

- 1 cup **olive oil**
- ½ cup **balsamic vinegar**
- 2 tablespoons **low-sodium soy sauce**
- 1 teaspoon **garlic powder**
- ½ teaspoon **black pepper**
- 2 teaspoons **sugar or honey** (optional)
- 1.25–1.75 lbs **boneless, skinless chicken thighs**

### FOR VEGETABLES

- 2–3 **Yukon gold potatoes** (approximately 1 lb) | **cut into 1 inch cubed, peeled if desired**
- 4 **carrots** | **peeled and chopped into 1 inch rounds**
- 1 **onion** | **cut into 1 inch cubes**
- 2 cups of **kale** | **roughly chopped**
- ¼ cup **olive oil**
- Salt and pepper** (optional)



## EQUIPMENT

-  Cutting board
-  Vegetable peeler
-  Spatula or spoon
-  Measuring spoons
-  Knife
-  Baking sheet
-  Large bowl
-  Measuring cups

### MIX IT UP AND MAKE IT YOUR OWN

- We chose to feature chicken thighs in this recipe, but this will also work very well with boneless skinless chicken breast or chicken cutlets.
- If you are **vegetarian**, this marinade is also delicious with tofu. You can cube your tofu before adding it to the marinade. Then, let it rest for one hour. Then bake just as described in the recipe.
- Feel free to **swap out different vegetables** for roasting. You can use any potato available, including sweet potatoes or yams. Add parsnips, winter squash, Brussel sprouts or cauliflower. Choose what you like and what is accessible for you.
- **Turn up the heat** with a sprinkle of cayenne or chili powder on your vegetables. Choose thyme instead of oregano. The sky is the limit when it comes to flavoring choices. Pick what sounds good to you and make it your own!

# Directions

- 1 Mix the oil, balsamic, soy sauce, garlic powder, black pepper and sugar in a large bowl. Add the chicken thighs to the bowl, cover, and place it in the refrigerator for a minimum of half an hour and up to 24 hours to marinate.
  - 2 Preheat oven to 350 degrees.
  - 3 Prepare vegetables.
  - 4 Place potatoes, carrots and onions (hold kale to the side) on one half of the baking sheet and toss them with the oil, black pepper and a few pinches of salt.
  - 5 Place marinated chicken on the other half of the baking sheet.
-  Bake for 10 minutes.
- 6 Add the kale to the vegetable side of the baking sheet and using a spatula, flip the vegetables to mix with the kale. Flip the chicken and return to the oven.
-  Bake for an additional 10–15 minutes or until the chicken reaches an internal temperature of 165 degrees and the potatoes and carrots are fork tender.
- 8 Enjoy!
  - 9 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

## NOTES

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## Nutrition Facts

1 serving per container  
 Serving size  
 1 each

**Calories**  
 per serving **450**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>	<b>Total Carbohydrate</b> 32g	<b>12%</b>
Saturated Fat 4g	21%	Dietary Fiber 5g	17%
Trans Fat 0g		Total Sugars 11g	
<b>Cholesterol</b> 155mg	<b>52%</b>	Includes 2g Added Sugars	<b>4%</b>
<b>Sodium</b> 320mg	<b>14%</b>	<b>Protein</b> 33g	

Vitamin D 0.2mcg 0% • Calcium 80mg 6% • Iron 2.7mg 15%  
 Potassium 1020mg 20% • Phosphorus 380mg 30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** CHICKEN, POTATO, BALSAMIC VINEGAR [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARMEL COLOURING, CONTAINS SULFITE], CARROT, ONION, KALE, OLIVE OIL, REDUCED SODIUM SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT, LACTIC ACID, SODIUM BENZOATE (PRESERVATIVE)], SUGAR, BLACK PEPPER, GARLIC POWDER