



*cara price*

## BALSAMIC ROSEMARY CHICKEN & VEGGIES

### INGREDIENTS

- 2-2.5 pounds chicken thighs (8-9 pieces)
- 4 cups broccoli florets
- 1 red onion, cut into sections
- 3-4 carrots cut on the diagonal
- 4 cloves garlic, minced
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 2 tablespoons dijon mustard
- 1/4 cup fresh parsley, chopped
- 1 tablespoon fresh rosemary, finely chopped
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- freshly ground salt
- quality spray oil

### DIRECTIONS

preheat the oven to 425.

in a small bowl, whisk together the balsamic vinegar, olive oil, dijon, garlic, rosemary, salt & pepper.

remove 1/3 cup of the mixture & place it in a resealable bag with the chicken.

set aside to marinate while you chop & prepare the vegetables.

spray a large, rimmed cookie sheet with oil & then spread the vegetables out in an even layer. pour remaining marinade over the veggies, making sure it is evenly distributed.

make spaces to place the chicken on the sheet pan, then give it all a quick spray of oil.

bake 20-22 minutes. season with freshly ground salt as soon as you take it out of the oven.

garnish with parsley.

enjoy!