

Roasted Sage Chicken with Brussels Sprouts and Potatoes (Whole 30, Paleo)

Shopping List:

Serving size 1

- 2 organic, skinless chicken thighs
- 1 medium white potato
- 6-8 Brussels sprouts, halved
- 4 tbsp coconut oil
- 1 and 1/2 tbsp sage
- 1 tsp onion powder
- 1/2 tsp garlic powder
- pink Himalayan salt to taste

Preheat the oven to 300* F. Wash the Brussels sprouts, cut off any stalk, and put them into the oven immediately on a foil lined baking sheet to begin roasting them. You do not need to add any oil to them.

Wash the potato and dice it into bite size pieces, leaving the skin on. You may peel it if you prefer it that way.

Melt the coconut oil either in a small bowl in the microwave or in a small sauce pan on the stove. Once the coconut oil is melted, combine the sage, onion powder, and garlic powder with the oil. Dip the chicken thighs into the coconut oil mixture, coating both sides of the meat. Set aside.

Toss the potatoes in the remaining coconut oil mixture and place them at the bottom of a baking dish. I used a 8x8 square Pyrex dish for this. Lay the chicken thighs over the top of the potatoes. Add the dish to the oven to roast for 25 minutes.

After 25 minutes is up, turn the oven temperature up to 450* F and continue roasting the chicken for another 15 minutes. Check on the Brussels sprouts periodically. You may need to remove them earlier so that they do not completely burn.

When the timer is finished, make sure to check to make sure the chicken isn't pink (or use a food thermometer) and that the potatoes are softened when poked with a fork. You may need to continue roasting the potatoes after removing the chicken. I didn't need to.

Mix the Brussels sprouts with the potatoes so that they get coated with the coconut oil mixture as well. You can salt to taste and serve promptly!