

BALSAMIC PARMESAN CHICKEN AND VEGETABLES

Preparation: 20 minutes | Cooking: 25 minutes | Servings: 4

INGREDIENTS

4 large bone-in chicken thighs
2 large cloves of garlic
4 cups broccoli florets
3 cups cauliflower florets
1 cup sliced shallots
1/3 cup grated parmesan
3 tablespoons balsamic vinegar
3 tablespoons E.V.O.O.
1 teaspoon dried marjoram
1/2 teaspoon salt divided
1/2 teaspoon ground pepper, divided



INSTRUCTIONS

Preheat the oven to 450 degrees Fahrenheit. Coat a large, rimmed baking sheet with cooking spray. Then, combine the broccoli, cauliflower, shallots, 2 tablespoons oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl, tossing it well to coat. When done, transfer the contents of the bowl to the prepared baking sheet. In a small bowl, combine the garlic, marjoram, 1 tablespoon oil and 1/4 teaspoon each of salt and pepper. Coat both sides of the chicken with the garlic mixture and then place each one on the baking sheet. Roast the chicken and vegetables for 15 minutes. Toss the vegetables and drizzle the chicken with balsamic vinegar. Sprinkle the entire dish with parmesan cheese, and continue roasting for about 10 more minutes until the vegetables are tender. To check if finished, insert an instant-read thermometer into the thickest part of the chicken without touching bone; it should registers 165 degrees Fahrenheit when done.