

# Balsamic Brussels Sprouts and Chicken

## Ingredients:

2 pounds Brussels sprouts  
2 tablespoons olive oil  
1 teaspoon salt  
½ teaspoon (freshly ground) black pepper  
1 ½ pounds chicken thighs  
1 cup (inexpensive) balsamic vinegar



## Cooking Instructions:

Preheat oven to 400 degrees. Trim and discard brown ends from the Brussels sprouts. Halve sprouts if they are large (walnut size) and place them and any leaves that fall off on a wide, shallow sheet pan that holds the sprouts in one layer. Drizzle with olive oil, sprinkle Brussels sprouts with salt and pepper and stir. Push sprouts out of the way and place chicken on pan skin side up (it's ok if some of the chicken sits on top of sprouts). Sprinkle with salt and pepper. Roast 15 minutes and then stir sprouts, flipping some over on so to brown more surface area. Roast 15 minutes more, stir, and roast another 15 minutes, or until chicken is brown and many of the sprouts are very brown. While the Brussels sprouts are roasting, put vinegar in a small sauce pan, bring to a boil, reduce heat and simmer until the vinegar measures ½ cup. Drizzle sprouts and chicken with vinegar. Taste and add salt, pepper or red pepper if you like.

Serves 6. Pair with cheese grits, noodles or potatoes.

--Sarah Fritschner, Kentucky Food Writer