



## Oven Roasted Chicken Thighs with Vegetables *(adapted from Bon Appetit)*

2 to 3 pounds chicken thighs, skin and bones intact  
3 tablespoons olive oil, divided  
2 teaspoons coarse sea salt  
2 teaspoons dried thyme  
2 teaspoons freshly ground black pepper  
1/2 teaspoon freshly grated nutmeg  
Assorted vegetables - I used tiny Yukon gold potatoes, carrots and parsnip cut into 3 inch pieces, butternut squash cut into 1 x 3 inch sticks

Preheat oven to 450. Spray a large flat roasting pan with cooking spray then spread 1-1/2 tablespoons olive oil on the bottom. Wash and dry chicken thighs well and place skin side down on roasting pan to coat in olive oil. Turn skin side up. Combine sea salt, thyme, black pepper and nutmeg. Sprinkle half of the spice mixture onto thighs. Place chicken in preheated oven and cook for 30 minutes. Remove to a bowl and set aside. Meanwhile in a large bowl combine vegetables with remaining 1-1/2 tablespoons of oil and the rest of the spice mixture. Toss well to coat. Add vegetables to roasting pan, spreading evenly. Bake for 30 minutes. Remove pan from oven and rotate vegetables. Return chicken thighs to pan along with any accumulated juices, placing chicken skin side up on top of the vegetables. Bake for additional 15 minutes or until vegetables are tender.