



PREP TIME : 15 MIN

COOK TIME : 35 MIN

SERVES : 4

Ingredients :

- 3 carrots, cut into 1-inch (2.5 cm) pieces
- 1 sweet potato, cut into 1-inch (2.5 cm) pieces
- 1/2 lb (250 g) Brussels sprouts, halved
- 2/3 cup (150 mL) VH® Honey Garlic Sauce, divided
- 3 tbsp (45 mL) olive oil, divided
- 2 tsp (10 mL) finely chopped fresh thyme
- 1 tsp (5 mL) finely chopped fresh rosemary
- 4 skin-on bone-in chicken breasts
- 1/2 tsp (2 mL) each salt and pepper

Directions :

1. Preheat oven to 400°F (200°C). Toss together carrots, sweet potato, Brussels sprouts, 1/3 cup (75 mL) VH® Honey Garlic Sauce and 2 Tbsp (30 mL) olive oil in a 13 x 9 x 2 in. (3 L) baking dish.
2. Season chicken with salt and pepper and coat with remaining oil; arrange on top of vegetables.
3. Bake for 30 to 35 minutes or until chicken is cooked through and vegetables are tender. Serve with remaining VH® Honey Garlic Sauce.

Recipe Tips:

- Substitute turnips, potatoes and parsnips for any of the vegetables.



Chicken with Honey Garlic Roasted Root Vegetables

- *If chicken is cooked before vegetables are tender, remove and keep warm while vegetables continue to cook.*
- *Garnish with chopped fresh parsley or chives if desired.*
- *Use boneless, skinless chicken breasts if desired. Add to vegetables in the last 15 minutes of cooking.*