Baked Jerk Chicken

Ingredients

2 lb boneless skinless chicken thighs

1 T mix of chipotle powder, cinnamon, garlic powder, dried thyme and allspice

S+P TT

1 T lemon juice

2 T oil

2 sweet potatoes, peeled and cubed

1 white onion, large dice

1 orange or red bell pepper, large dice

1 lb brussels sprouts, halved

1 T oil

S+P TT

procedure

1) Preheat oven to 425F

2) combine all ingredients for the chicken and try to marinate for an hour, but not necessary. Place chicken on the sheet tray and bake for 15 minutes while prepping the vegetables

3) Toss all of the prepped vegetables with S+P in a large bowl to coat with oil

4) Once the chicken has cooked for 15 minutes, add the vegetables to the sheet pan and cook until the chicken reaches an internal temperature of 160F

5) Remove from oven, let chicken rest 5 minutes, then cut into bite-sized pieces, toss with vegetables, check seasoning and serve