



Roasted Fall Vegetable Quinoa with Toasted Almonds and Braised Chicken Thighs

<u>U.S.</u>		<u>Metric</u>
3/4 tsp	Salt, Kosher	4.5 g
1/8 tsp	Black Pepper, ground	0.3 g
2 tsp	Smoked Paprika	5.6 g
1/4 tsp	Cinnamon, ground	0.7 g
1 tsp	Thyme, dried	1 g
2 tsp	Cumin, ground	5.4 g
1/2 lb	Sweet Potatoes, peeled, diced small	227 g
1/2 lb	Parsnips, peeled, cut into half moons	226.8
1/2 lb	Brussel Sprouts, trimmed, halved	227 g
2 tsp	Honey	14 g
4 tsp	Olive Oil	20 mL
6 each	Chicken Thighs, bone in, skin removed	6 each
2 large	Shallots, chopped small	2 large
4 cloves	Garlic, rough chopped	4 cloves
1/4 cup	White Wine, dry	59.2 mL
2 cups	Vegetable stock or Water	473.2 mL
1 1/2 cups	Quinoa	265.5 g
4 tsp	Almonds, sliced, lightly toasted	4 tsp
4 tsp	Parsley, fresh, chopped	4.8 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Mix together the salt, pepper, smoked paprika, cinnamon, thyme and cumin.
4. Mix the, sweet potatoes, parsnips and brussel sprouts together in a medium bowl. Toss with 3/4 or the seasoning mixture. Reserve the remaining seasoning for the chicken.
5. Add honey and 2 tsp oil to the vegetable mixture. Toss well to combine.
6. Place the vegetables on a sheet tray covered with foil (for easy cleaning). Make sure to not overcrowd the pan and lay in a single layer in order for the vegetables to roast properly.
7. Put the vegetables in the oven and roast until fork tender, about 1/2 hour. Once finished, set aside at room temperature.
8. While the vegetables are cooking, remove the skin from the chicken thighs.
9. Heat 2 teaspoons of olive oil in a medium-large oven-proof pot over medium-high heat. While oil is heating, rub chicken with remaining seasoning.

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10. Place chicken, fleshy side down, into hot oil. Cook until meat is golden brown, adjusting heat if necessary, then flip and brown the other side. Remove the chicken thighs from the pot.
11. Add the shallot to the pot and cook for about 4 minutes, stirring frequently, until onions start to turn translucent. Add garlic and cook for one more minute.
12. Add white wine and scrape up the brown bits on the bottom of the pan. Add the vegetable stock and put the chicken thighs back to the pot, mostly submerged in liquid. Cover and bring to a simmer.
13. Once simmering, place the pot in the oven. Braise until chicken reaches an internal temperature of 165°, about 1/2 hour. Remove chicken from liquid, place on plate and cover with foil to keep warm.
14. Place the pot on the stove over medium-high heat and bring back to a boil. Add the quinoa and stir to incorporate. Reduce to a simmer, cover and cook for about 15 minutes, or until quinoa has absorbed liquid and cooked through.
15. Add roasted vegetables to cooked quinoa and mix until combined.
16. Serve 1 1/2 cups of quinoa mixture on the plate. Place one chicken thigh on top and sprinkle with 1 teaspoon each of toasted almonds and chopped parsley. Enjoy!

Nutrition Facts	
Serving size	1 1/2 cups quinoa 1 chicken thigh
Servings	6
Calories	560
Calories from Fat	280
Total Fat	31 g
Saturated Fat	7 g
Trans Fat	0 g
Monounsaturated Fat	13 g
Cholesterol	146 mg
Sodium	405 mg
Carbohydrates	36 g
Dietary Fiber	7 g
Sugars	9 g
Protein	30 g
Vitamin A	184 %
Calcium	9 %
Vitamin C	75 %
Iron	21 %
Phosphorus	0 mg
