

## Roasted Chicken, Cabbage, & Colorful Potatoes

Serves: 4

My family enjoys this satisfying and nourishing meal throughout the cold fall and winter months. It's quick and easy to prepare; the oven does the work (and provides a bit of extra heat in the house on a chilly evening).

**Chicken Thighs** are tender and flavorful providing protein, zinc, iron, B12, selenium, and potassium. The amino acid tryptophan helps increase serotonin, the “feel good” neurochemical to boost mood. You can eat the skin or remove it. Skin adds about 3-4 grams of fat and 20 calories (skinless: 8-9 g fat and 165-170 calories).



**Cabbage** and cabbage family vegetables (cruciferous, brassica) are some of the most nutritious of all the vegetables containing potent antioxidants and compounds for detoxification. It is low in calories but packed with vitamins K and C and provides some folate, manganese, B6, potassium, magnesium, and calcium. It has long been known that cabbage supports digestive health with gut-friendly insoluble fiber. Some studies have indicated that it may be heart protective, lower blood pressure, and keep cholesterol levels in check.

**Purple potatoes**, native to Peru, contain 3-4 times the antioxidants of other potatoes. They are packed with fiber, potassium, vitamin C, folic acid, and iron. Purple foods have been associated with heart health, immune health, and possess anti-cancer properties.

**Sweet potatoes** are also highly nutritious and provide similar benefits. They pair beautifully; earthy and sweet.

### Ingredients:

- 1 medium green cabbage, chopped
- 1 small yellow onion, chopped
- 4 large bone-in, skin on chicken thighs (about 1 ½-2 lbs.) with extra hanging skin/fat cut off using kitchen shears
- 1 tablespoon ghee
- 4-5 cups mixed potatoes (sweet, purple), cut into ½” chunks/cubes
- 1 tablespoon olive oil
- Herbs: dried thyme, rosemary, garlic granules or other herbs of choice
- Salt, pepper

## Preparation:

1. Preheat/set oven to convection bake 375°F. Place oven racks at 1 or 2 position and 3 or 4 position depending on oven size/space.
2. Chop the cabbage.
3. Set an 11-12" cast iron skillet over medium high heat and melt ghee.
4. Add cabbage, sprinkle in thyme and rosemary and a large pinch of salt.
5. Stir to coat cabbage with ghee and spices. Turn off stovetop burner.
6. Place chicken skin side up on cabbage and sprinkle with herbs, salt, pepper.
7. Put cast iron skillet in oven on lower rack. Set timer for 40 minutes.
8. Cut up potatoes and place on a sheet pan and toss with olive oil, garlic granules, salt, pepper.
9. Place in oven on upper rack.
10. Check after about 40 minutes. Test chicken with a thermometer (cook to 165°F).
11. Plate and enjoy this comforting, filling, delicious meal. Tip: Place dinner plates on top of the stovetop while the meal is cooking to warm them. My pet peeve: putting hot food on a cold plate.



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