

Rosemary Chicken Thighs with Roast Potatoes

Rosemary Chicken Thighs with Roast Potatoes

★★★★

2020, Chicken, chicken, thighs, potatoes, Side Dishes, Velik Favorites

Cook Time: 0:30 Servings: 4 (1 thigh and 1/2 cup potatoes per serving) Source: cmx.weightwatchers.com

INGREDIENTS

1 pound uncooked boneless skinless chicken thighs (about 4) trimmed
2 tsp olive oil
2 medium garlic gloves, minced
1 tsp lemon zest
1 tsp lemon juice, canned or bottled
1 1/2 tsp dried rosemary
1 tsp dried thyme
3/4 tsp table salt
6 small, uncooked new potatoes, scrubbed and quartered

DIRECTIONS

Combine the chicken, 1 teaspoon of the oil, the garlic, lemon zest and juice, rosemary, thyme, and 1/2 teaspoon of the salt in a large zip-close plastic bag. Squeeze out the air and seal the bag; turn to coat the chicken. Refrigerate, turning the bag occasionally, at least 30 minutes or up to overnight.

Toss together the potatoes and the remaining 1 teaspoon oil and 1/4 teaspoon salt in a medium bowl. Spray a baking sheet with nonstick spray and spread the potatoes on the baking sheet. Place the potatoes in the oven and turn the oven on to 425°F. When the temperature reaches 425°F, remove the potatoes from the oven. Toss the potatoes, then push them to one side of the pan.

Remove the chicken from the marinade and place on the baking sheet. Discard the marinade. Roast until the chicken is cooked through and the potatoes are tender and browned, about 20 minutes.

NOTES

WW SmartPoints = 9 green