

Food is Health • Community Recipe Challenge

Parmesan Chicken & Brussels Sprouts

Ingredients

1/3 cup grated Parmesan cheese

4 tablespoons extra-virgin olive oil, divided

3 tablespoons panko breadcrumbs, preferably whole-wheat

1 teaspoon grated lemon zest, plus 1 lemon, cut into wedges, divided

1/2 teaspoon dried thyme

1/8 teaspoon salt plus 1/2 teaspoon, divided

1/2 teaspoon ground pepper, divided

1 1/2 pounds Brussels sprouts, trimmed and halved or quartered if large

1/2 small red onion, sliced

3 cloves garlic, smashed

1 pound boneless, skinless chicken thighs, trimmed

Chopped fresh thyme for garnish



Recipe from [EatingWell.com](https://www.eatingwell.com)



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Instructions

1. Preheat oven to 425°F.
2. Stir Parmesan, 1 tablespoon oil, panko, lemon zest, dried thyme, 1/8 teaspoon salt and 1/4 teaspoon pepper in a small bowl.
3. Toss Brussels sprouts, onion and garlic with 2 tablespoons oil and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper on a large rimmed baking sheet. Spread out evenly. Add chicken and lemon wedges to the pan. Brush both sides of the chicken with the remaining 1 tablespoon oil. Top the chicken with the Parmesan mixture, gently pressing to adhere.
4. Roast, turning the pan from front to back and stirring the sprouts halfway, until an instant-read thermometer inserted in the thickest part of a thigh registers 165°F and the sprouts are tender and browned in spots, about 18 minutes. Garnish with fresh thyme and serve with the lemon wedges, if desired.

Nutrition Information per Serving

Serves 4

Calories	365
Total Carbohydrates	16 g
Dietary Fiber	5 g
Total Sugars	3 g
Protein	26 g
Total Fat	23 g
Saturated Fat	5 g
Cholesterol	110 mg
Vitamin A 1003IU	20 %
Sodium	606 mg
Potassium	715 mg



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