
SMOKED PAPRIKA CHICKEN THIGHS WITH QUINOA

(Gluten-Free, Dairy-Free, Nut-Free, Egg-Free)

Yield: 4 servings **Total time:** 40 minutes

Ingredients

- 4 skinless, boneless chicken thighs
- 1 lb. Brussel sprouts, trimmed and quartered
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 2 shallots, sliced
- 1 lemon, sliced
- 2 tbsp olive oil (divided)
- 1 tsp: black pepper, smoked paprika, dried thyme (divided)
- 8oz dried quinoa
- Fresh basil (Optional)

Directions

- Preheat oven to 450°F. Line baking sheet with foil and spray with non-stick cooking spray. Prep ingredients: wash, trim and chop Brussel sprouts and bell pepper. Mince garlic and slice shallots and lemon.
- In a medium bowl, combine Brussel sprouts, bell pepper, shallots, lemons, 1 tbsp olive oil and half of your dried spices (1/2 tsp- black pepper, smoked paprika, dried thyme).
- In a small bowl, combine minced garlic, 1 tbsp olive oil and the other half of your dried spices (1/2 tsp-black pepper, smoked paprika, dried thyme). Rub mixture over chicken thighs to coat.
- Place vegetable mixture and chicken thighs on baking sheet. Bake in the oven for 20-25 minutes, until chicken reaches 165°F.
- While chicken and vegetables are baking prepare quinoa according to package directions in a stockpot.



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Grocery List

- Chicken thighs
- Brussel sprouts
- Bell peppers
- Garlic cloves
- Shallots
- Lemon
- Olive oil
- Black pepper, smoked paprika, dried thyme
- Dried quinoa
- Fresh basil

Kitchen Equipment

- Cutting board
- Knife
- Measuring spoons
- Baking sheet
- Stockpot with lid
- Spatula
- Medium bowl
- Small bowl
- Serving bowls

- To serve: Place quinoa in a serving bowl, top with baked vegetables, chicken and fresh basil.

Per serving: Calories 425; Total Fat 18g; Saturated Fat 3g; Sodium 96mg;
Total Carbohydrates 38g; Fiber 10g; Protein 31g

Nutrition Information

- Chicken thighs can fit into a healthy balanced diet. Chicken is a great source of high-quality protein and contains all nine amino acids that our bodies cannot make on their own. It is a healthier choice to select chicken thighs without the skin and bones to decrease the amount of fat and cholesterol for a leaner option. Be sure to prepare your chicken using healthier cooking methods like baking, roasting and grilled. Avoid frying which would increase the amount of fat on the chicken.
- Quinoa is considered a superfood because it is jam-packed with nutritional benefits. It is an excellent source of protein, fiber and provides plenty of the B vitamin folate, as well as iron and magnesium, minerals that can be difficult to find naturally in non-animal products.
- Brussel sprouts are high in fiber, vitamins, minerals, and antioxidants, making them a nutritious addition to your diet. Incorporating Brussel sprouts to a balanced diet can provide health benefits like decreased inflammation, improved gut health and immune system.

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