



Easy Crispy Chicken Legs & Brussels Sprouts

Ingredients:

- 2 whole chicken legs (skin on & bone in)
- 1 stalk of Brussels sprouts, de-stemmed & halved
- 1-2 tbsp avocado or coconut oil
- Salt, pepper & granulated powder
- 1 tbsp olive oil, for sprouts
- Juice of 1 lemon
- 1/4 cup chicken stock

Instructions:

1. Preheat oven to 425 degrees.
2. Wash, de-stem and halve Brussels sprouts.
3. Toss sprouts in a bowl with olive oil and generous pinch of salt, pepper and garlic powder. Season to your taste.
4. Pat chicken legs dry.
5. Liberally season both sides of chicken legs with salt, pepper and garlic powder. Set aside.
6. Heat up oil in cast iron skillet until hot. To test, place a drop of water into the oil. It should hiss and sizzle.
7. Once oil is heated up, add chicken legs to the pan.
8. Allow them to sit and get crispy. This will take several minutes. Don't move them. It may take 6-8 minutes.
9. Once the first side is crispy, turn legs over and crisp up the other side.
10. When both sides of the chicken are crispy, add in Brussels sprouts to the pan along with chicken broth and lemon juice. Stir.
11. Place pan in the oven and bake for 30 minutes or until the chicken is cooked through and the juices run clear.

