



Spicy Blackened Chicken Legs WITH SWEET POTATOES AND BROCCOLI

I was going to name this recipe Jerk Chicken, but traditional jerk spices must include allspice. I've been making this marinade for many years and, although each time I keep making a mental note to buy allspice, I keep forgetting to do so. As a result, I don't feel right calling it Jerk Chicken—but it's very similar. The marinade is slightly sweet, so it caramelizes a bit in the oven and blackens as a result. The sauce mixes together with the chicken juices and is delicious over vegetables. It's not overly spicy, but if you don't like hot foods, just omit the cayenne pepper.

Serves 4

SPICY MARINADE

- ¼ medium onion
- 1 green onion
- 3 cloves garlic
- 2 tsp (1 g) dried thyme
- 1 tsp paprika
- ½ tsp smoked paprika
- 1 tsp cayenne pepper
- ½ tsp pepper
- 1 tsp garlic salt
- ¼ tsp nutmeg
- 2 tbsp (25 g) brown sugar
- 1 tbsp (15 ml) vinegar
- ¼ cup (60 ml) olive oil

Preheat the oven to 450°F (232°C). While the oven is preheating, make the spicy marinade. In a small food processor, combine all the ingredients for the marinade and process until a smooth paste forms. It'll make your eyes water a little bit once you open the food processor because of all the pulverized onion. Rub the marinade all over the chicken legs and place them in the middle of the sheet pan. I use one that is 11 x 17 inches (28 x 43 cm).

Place the sheet pan with the chicken into the oven and cook for 20 minutes. While the chicken is roasting, prepare the vegetables. Peel the sweet potato and cut into 1- to 1½-inch (2.5- to 3.8-cm) pieces. Separate the broccoli into small florets and cut the broccoli stems (if using) into ½- to 1-inch (1.3- to 2.5-cm) pieces.

After 20 minutes, take the chicken out of the oven; add the sweet potatoes and broccoli around the chicken. Drizzle the veggies with the vegetable oil and return to the oven for another 30 minutes or until the internal temperature of the chicken reaches 165°F (74°C) and the potatoes are cooked through.

Serve sprinkled with green onion.

CHICKEN AND VEGETABLES

- 4 chicken quarter legs, bone-in and skin-on
- 1 large sweet potato, peeled and chopped
- 1 small head broccoli, chopped
- 1-2 tbsp (15-30 ml) vegetable oil
- Chopped green onion for serving (optional)

Note: If you have a larger sheet pan that will fit in the oven, feel free to increase the amount of veggies. You can also add more veggies to another sheet pan. Otherwise, I'd suggest adding rice or quinoa to make this meal more filling.