

Farm Market

Apricot Glazed Chicken with Potatoes & Asparagus



Ingredients:

- 1 ¾ pounds bone-in chicken thighs, skin removed, trimmed
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 12 ounces baby potatoes, halved
- 4 teaspoons extra-virgin olive oil
- ¼ cup apricot jam
- 2 teaspoons mustard seeds, toasted
- 1 teaspoon minced peeled fresh ginger
- 1 teaspoon curry powder
- 1 pound asparagus, trimmed
- ¼ cup chopped fresh cilantro
- Lime wedges for serving

Directions:

1. Preheat oven to 450°F.
2. Arrange chicken on a large rimmed baking sheet. Sprinkle with 1/4 teaspoon salt and pepper. Toss potatoes with 2 teaspoons oil and 1/4 teaspoon salt in a medium bowl. Spread around the chicken. Roast for 15 minutes.
3. Meanwhile, combine jam, mustard seeds, ginger and curry powder in a small bowl. Toss asparagus with the remaining 2 teaspoons oil and 1/4 teaspoon salt in the medium bowl.
4. After the first 15 minutes of roasting, stir the potatoes and add the asparagus to the pan in a single layer. Top the chicken with the jam mixture. Continue roasting until the vegetables are tender and an instant-read thermometer inserted in the thickest part of the chicken without touching bone registers 165°F, 15 to 18 minutes more. Sprinkle the chicken and vegetables with cilantro and serve with lime wedges, if desired.

Nutrition Facts

Servings: 4

Per serving: 3 oz. chicken & ¾ cup vegetables, 382 calories; fat 15g; cholesterol 151mg; sodium 564mg; carbohydrates 29g; dietary fiber 3g; protein 32g; sugars 9g; niacin equivalents 8mg; saturated fat 3g; vitamin a iu 559IU.

Recipe from eatingwell.com