

# Roasted Sheet Pan Chicken Thighs with Cabbage & Onion

Adapted slightly from Food52 (I added onion)



Sheet Pan Chicken Thighs with Cabbage & Onions

- 1 teaspoon Canola oil, for greasing the pan
- 1 tablespoon sesame oil
- 1/4 cup coconut oil, melted, or olive oil
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sriracha sauce, optional
- 8 pieces skinless chicken thighs
- Kosher salt and pepper to taste
- 1 head cabbage, 2 to 3 lbs.
- 1 large yellow onion, peeled, halved and cut in thin slices

*Per Serving (excluding unknown items): 346 Calories; 24g Fat (61.4% calories from fat); 28g Protein; 5g Carbohydrate; 1g Dietary Fiber; 115mg Cholesterol; 988mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 4

NOTE: If you're using coconut oil, it's a firm fat (like shortening). It doesn't mix very well in the dressing, so I heated the "dressing" in the microwave until the coconut oil melted. Once it was poured onto the chicken [cold] it congealed again. It doesn't seem to matter - it all mixes up fine once it begins to bake.

1. Preheat the oven to 425°F. (If you want an easy clean-up, line the large sheetpan with foil.) Pour a teaspoon of neutral oil over a rimmed sheet pan. Rub to coat.
2. In a small bowl, stir together the sesame oil, coconut oil, soy sauce, rice vinegar, and sriracha, if using. Place chicken in a large bowl. Season all over with salt and pepper. Pour  $\frac{1}{4}$  cup of the prepared mixture over the chicken and let marinate while the oven preheats. (Chicken can marinate longer, too, but try, if time permits, to bring it to room temperature before cooking—the coconut oil will solidify in the fridge and look clumpy, which is fine.)
3. Cut the cabbage in half through the core. Cut again through each core and repeat this process until you are left with many wedges, no greater than 1-inch wide. Place the wedges in a large bowl, season all over with salt and pepper, and toss with the remaining dressing.
4. Place chicken on prepared sheet pan spreading it out evenly. Roast for 10 minutes. Remove pan from oven, and nestle cabbage wedges all around the pieces, tucking it under if necessary—it will feel like a lot of cabbage. Roast for 20 to 25 minutes more or until chicken is golden and cooked through. Remove pan from oven, transfer chicken to a platter to rest. Return cabbage to the oven to roast for 10 to 15 minutes more, or until juices have reduced and edges of cabbage wedges are caramelized.