
Sheet Pan Chicken Thighs with Bacon & Sourdough Croutons

Adapted from a Food & Wine recipe, 2017



8 ounces sourdough bread, cut into 1" cubes
2 red onions, peeled, chopped in wedges
5 slices thick-sliced bacon, cut in 1" pieces
3 small sweet potatoes, peeled, cut in 1" chunks
2 tablespoons dried oregano, divided use
3 tablespoons olive oil, divided use
Salt and pepper to taste
1/2 teaspoon red chili flakes
8 boneless skinless chicken thighs, cut into big chunks
Salt and pepper and more dried oregano
3 large summer squash, either zucchini or yellow
3 tablespoons Italian parsley, for garnish, if desired

Per Serving (excluding unknown items): 403 Calories; 18g Fat (40.2% calories from fat); 27g Protein; 34g Carbohydrate; 5g Dietary Fiber; 92mg Cholesterol; 509mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Preheat oven to 385°F.
2. Prepare a large rimmed sheet pan (line with foil for easy clean-up). Add bread, onions, bacon and sweet potatoes on the pan. Drizzle with olive oil, sprinkle most of the oregano all over and season with red chili flakes, salt and pepper. Using your hands, toss these ingredients so most of them are oiled. Spread out, but still leave it in a centered mass, but a single layer.
3. Bake for 15 minutes.
4. Meanwhile, lightly oil the squash and chicken in a bowl, and season with salt and pepper and oregano.
5. Remove pan from oven. Place the squash around the outside edges and place the chicken pieces on top of the middle mound (so the juices will drip into the mixture below it).
6. Return pan to the oven and roast for 40 minutes until the chicken has begun to brown around the edges and the squash is roasted. Remove and serve immediately. Sprinkle with chopped parsley if desired.