

Miso-Maple Sheet-Pan Chicken with Brussels Sprouts
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Total Time: 35 minutes
Prep Time: 10 minutes
Cook Time: 25 minutes
Yield: 4 servings

Ingredients

1/3 cup white miso
1/3 cup maple syrup
1/3 cup extra-virgin olive oil
1 teaspoon ground cumin
12 ounces Brussels sprouts, trimmed and halved
3 to 4 chicken breasts (about 2 pounds), cut into 1 1/2-inch cubes (6 to 8 pieces per breast), patted dry

Preparation

1. Heat the oven to 425 degrees. Line a baking sheet with aluminum foil.
2. To a medium bowl that is large enough to fit the chicken and Brussels sprouts, add the miso, maple syrup, olive oil and cumin; whisk until emulsified. Set aside and reserve a scant 1/4 cup (about 3 tablespoons) of the mixture for later. Add the Brussels sprouts and chicken to the bowl and toss to coat using a flexible spatula.
3. Add everything to the baking sheet, arranging everything in a single layer. Scrape any marinade left in the bowl over the mixture on the baking sheet.
4. Bake for 8 minutes. Remove the baking sheet from the oven and daub the reserved 3 tablespoons marinade on top of the chicken and Brussels sprouts. Return the pan to the oven and continue baking for 4 minutes more.
5. Heat the broiler. Place the baking sheet right underneath it and broil for 1 to 2 minutes, until chicken is cooked through and slightly charred on top. Serve warm.