

Chicken Harvest Bowl with juicy marinated chicken thighs, roasted Brussels sprouts and sweet potato, massaged kale, goat cheese, pecans, apple and a creamy balsamic dressing.

**SERVINGS: 4 | PREP TIME: 15 MIN |
COOK TIME: 45 MIN**



Ingredients

Chicken marinade

- 1 lb chicken thighs
- 1/3 cup coconut aminos or teriyaki sauce
- 1 tsp garlic powder
- S&P

Sweet potatoes

- 2-4 sweet potatoes, cubed
- 1 tsp each smoked paprika & garlic powder
- dash of cinnamon
- 1 Tbsp oil

Brussels sprouts

- 1 lb brussels sprouts
- 1 tsp garlic powder
- 1 Tbsp oil

Balsamic dressing

- 1/4 cup balsamic vinegar
- 2 Tbsp nut butter
- 1-2 Tbsp water
- 1 Tbsp honey
- S&P

Bowl components

- 1/2 cup pecans
- 1/2 cup goat cheese
- 1 large apple
- [massaged kale](#) or regular leafy greens

Directions

1. Marinate your chicken first by seasoning chicken thighs generously with S&P. Mix marinade ingredients in a Ziploc bag and transfer chicken to the bag. Seal bag, massage chicken in juices while sealed and place in the fridge to marinate for 30 min or up to 8 hrs.
2. Preheat the oven to 400 degrees and line a large baking sheet with parchment paper.
3. Add diced sweet potatoes in seasoning mixture and halved Brussels sprouts in seasoning mixture on baking sheet. Toss in oil and roast in the oven for 35-45 min until tender.
4. You can either roast chicken thighs in the oven at the same time and on a different baking sheet or grill / cook in a skillet.
5. To make dressing: add the balsamic vinegar, nut butter, salt, honey and 1 Tbsp water to a small mason jar. Shake vigorously and add more water if you want a thinner consistency.
6. Prep the remaining ingredients: dice the apple, crumble goat cheese, roughly chop pecans and follow massaged kale [recipe](#) if not using leafy greens.
7. Assembly! Evenly divide the greens, chicken, roasted veggies, apples, goat cheese and nuts. Serve with creamy balsamic dressing and enjoy!