



Sheet Pan Chicken Thighs with Lemon, Asparagus and Artichokes

Serves 4

4 skin-on, bone-in chicken thighs

Kosher salt

Freshly ground pepper

1 14-ounce can artichoke hearts in water, drained well, rinsed and patted dry

1 bunch asparagus, woody ends snapped off and cut in 2-inch pieces

2 shallots, skin removed and quartered

3 tablespoons extra-virgin olive oil

1 lemon, slice half thin, half set aside

2 cups baby arugula or spinach leaves, for serving

Crunchy sea salt, for serving

Preheat the oven to 400°F, use the convection setting if you have it. Pat the chicken thighs dry with paper towels and season with salt and black pepper.

On a sheet pan, combine the drained artichoke hearts, asparagus, shallots and drizzle with two tablespoons of the extra-virgin olive oil. Squeeze the lemon half over the vegetable mixture and toss well to combine.

Spread out the asparagus-artichoke mixture and wedge the chicken thighs in between the vegetables. Sprinkle the chicken skin with remaining olive oil and top each with a slice of lemon. Spread the chicken out so there's a little space between each thigh and gather the vegetables up close to the chicken so the outer vegetables won't easily burn.

Place sheet pan on the top rack of a preheated oven for about 30 minutes, until chicken is cooked through and reaches 165 degrees when a thermometer is placed in the middle of the thickest part of the meat.

To serve, place the greens on a platter or serving tray and add warm chicken directly on top. Sprinkle roasted vegetables around the chicken and drizzle any accumulated pan juices over the chicken. Add a sprinkling of crunchy sea salt and serve.

Marcia W. Smart

www.smartinthekitchen.com

Instagram: [@smartinthekitchen](https://www.instagram.com/smartinthekitchen)

marcia@smartinthekitchen.com