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Low Sodium Roasted Chicken Thighs and Veggies

Serves 4

Ingredients:

3 TBSP olive oil, divided
4 chicken thighs, skin on, bone in
sea salt and fresh ground black pepper
2 tsp fresh thyme, chopped (cut to a scant teaspoon if you use dried thyme)
¼ tsp nutmeg
4 garlic cloves, peels left on
12 baby potatoes, cut into quarters
5 carrots (or about 10 baby carrots), peeled and halved vertically
¼ cup white wine
2 TBSP white flour
½ cup low-sodium chicken stock or broth

Preparation:

1. Preheat the oven to 450°. Pour 1 tablespoon of olive oil in a Dutch oven. Combine a pinch of salt, a few twists of pepper, thyme, and nutmeg in a small bowl. Rub all over the chicken. Place chicken in the Dutch oven, skin side up. Throw in the garlic cloves and roast in the oven for 30 minutes, uncovered.
2. In the meantime, put the carrots and potatoes in a bowl with 2 tablespoons of oil, a pinch of salt and a few twists of pepper.
3. After 30 minutes, take the chicken thighs out of the oven and place on a plate. Put veggies in the Dutch oven and roast for 20 minutes, uncovered. Then remove the veggies from the oven and add the chicken thighs back in, coating with juices. Roast for another 20 minutes.
4. Take the Dutch oven out and scoop the chicken and veggies into a serving bowl. Remove and reserve the garlic cloves. Cover with foil. Put the Dutch oven on the stove top over medium heat. Take the garlic out of the skins and mash up in the pan. Scrape up all the brown bits on the bottom of the pan. Add wine and cook for a minute. Slowly whisk in flour. Whisk in stock/broth and season with a few twists of pepper. Pour over chicken and serve.



Food Fairy Note:

Adapted from: *Roasted Chicken Thighs with Roasted Veggies and Garlic Gravy*,
Foodie Suz on [Ashley's Cooking Adventures](#)