

Hoisin Sriracha Sheet Pan Chicken

Julie Peterson - Crofton, MO
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Servings: 4

1/3 cup hoisin sauce
1/3 cup reduced-sodium soy sauce
2 tablespoons maple syrup
2 tablespoons sriracha Asian hot chili sauce
1 tablespoon rice vinegar
2 teaspoons sesame oil
2 cloves garlic, minced
1/2 teaspoon fresh gingerroot, minced
4 (six ounce ea) bone-in chicken thighs
1/4 teaspoon salt
1/4 teaspoon pepper
1 medium sweet potato, cut into 3/4-inch cubes
2 tablespoons olive oil, divided
4 cups fresh cauliflower florets
1 medium sweet red pepper, cut into 3/4-inch pieces
sesame seeds (optional)

Preparation Time: 20 minutes

Bake Time: 40 minutes

Preheat the oven to 400 degrees.

In a bowl, whisk together the hoisin sauce, soy sauce, maple syrup, Sriracha sauce, vinegar, sesame oil, garlic and gingerroot. Set aside.

Sprinkle both sides of the chicken with salt and pepper. Place the chicken and sweet potato in a single layer on a 15x10x1-inch foil-lined sheet pan. Drizzle with one tablespoon of the olive oil and one-third of the hoisin mixture. Toss to coat.

Bake for 15 minutes. Turn the chicken and potatoes. Add the cauliflower and red pepper. Drizzle with another one-third of the hoisin mixture and remaining olive oil.

Bake until a thermometer inserted in the chicken reads 170 to 175 degrees, 25 minutes longer.

Drizzle with the remaining sauce. If desired, sprinkle with sesame seeds.

Per Serving (excluding unknown items): 235 Calories; 10g Fat (37.2% calories from fat); 5g Protein; 34g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 1302mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 2 Fat; 1 Other Carbohydrates.