



Eighty Nutrition SHEET PAN GREEK CHICKEN

4 servings, ready in 45 minutes

INGREDIENTS

1 tsp ground cumin, 1 teaspoon (0.1 oz)
 2 tsp oregano, 2 teaspoon (0.1 oz)
 1 tsp sea salt, 1 teaspoons (0.2 oz)
 2 tsp dried thyme, 2 tsp, leaves (0.1 oz)
 1 tsp ground black pepper, 1 teaspoon (0.1 oz)
 1/2 tsp cinnamon, 0.5 teaspoon (0 oz)
 1/3 cup olive oil, plus extra for drizzling, 0.33 cup (2.7 oz)
 1.5 lbs boneless chicken thighs, 1.5 pounds (22.9 oz)
 3 cups chopped rutabaga or use baby potatoes, cut in half or quarters depending on size, 3 cups (16.2 oz)
 1 Vidalia or sweet onion, sliced, 1 onion (11.8 oz)
 1 lemon, cut in wedges, 1 lemon (3.9 oz)
 1 pint cherry or grape tomatoes, halved, 1 pint (16.9 oz)
 2 TBSP capers, 2 tablespoons (0.6 oz)
 1/4 cup chopped fresh parsley, 0.25 cup (0.6 oz)
 1/2 cup crumbled sheep's milk feta cheese (OPTIONAL), 0.5 cup (2.6 oz)

INSTRUCTIONS/PREPARATION

Preheat your oven to 400 F. Line a rimmed baking sheet (or cookie sheet) with foil. Make your spice blend by combining cumin, oregano, sea salt, thyme, pepper and cinnamon in a medium bowl. Add the olive oil and stir until well combined in a paste. Lightly grease the baking sheet with olive oil, then put the chicken thighs on the sheet, spacing them out. Rub them all generously with the spice paste, keeping a couple of spoonfuls of the paste back. Stir the potatoes with the remaining spice paste and arrange them on the pan around the chicken. Add the sweet onion slices and the lemon wedges around the sheet pan. Roast in the oven for about 30 minutes, until the potatoes are tender and the chicken is cooked through (juices should run clear; if you are using an oven thermometer it should be 165 degrees). Sprinkle the tomatoes, capers, feta cheese (if using), and parsley over the chicken and veggies. Drizzle a little olive oil and season with additional black pepper, to taste.

EXTRA COMMENTS/NOTES

Per serving: 459 kcal, 43g protein, 27g fat, 36g carbohydrates

uncomplicated menu of rotating recipes, group accountability, and support. "Clients wanted more Eighty motivation and recipes between our seasonal resets. These are a fast way to rein some habits in without the long commitment," she says. "This is how you stop eating the leftover Halloween candy or Thanksgiving leftovers so you can still feel good about yourself."

In addition to group programs, Ali offers a variety of custom and a la carte options, such as one-on-one nutritional coaching and detoxification programs. She is certified in autoimmune and anti-inflammatory diets and is passionate about helping these types of clients. Eighty believes that there is not a one-size-fits-all solution for diet

or nutrition and, therefore, works with custom clients to create customized protocols and eating plans that are sustainable with their lifestyles.

"Eighty Nutrition is based on the principle that food is medicine and should make you feel good," says Ali. "Without real food, you cannot properly fuel your body or help it heal from an illness or injury."

Eighty Nutrition gives 10% of all profits to local organizations that fight childhood hunger, such as The Backpack Crew, Lunch Break, the food pantry at Monmouth Day Care, and Dermer Dreams.



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