

SHEET-PAN CHICKEN THIGHS WITH GARBANZO BEANS AND CAULIFLOWER

(adapted from several sources)

6 chicken thighs, bone-in, with skin on
Kosher salt and freshly ground pepper
3/4 cup full-fat Greek yogurt
2 tablespoons fresh lemon juice
2 teaspoons ground turmeric, divided
2 tablespoons water
1 (15-ounce) can chickpeas, drained and rinsed
1 small head of cauliflower, florets cut in small pieces
1 tablespoon fennel seed
1 teaspoon ground cumin
2 tablespoons olive oil

Season chicken parts with salt and pepper to taste. Combine yogurt, lemon juice, turmeric and water in a large bowl, add 1/2 tsp additional salt. Add chicken and toss to coat evenly. Let sit at least 2 hours in the fridge, up to overnight.

Heat oven to 425F.

In a large bowl, mix the oil with the spices (fennel seed, cumin, remaining teaspoon of turmeric). Add the garbanzo beans and cauliflower florets, toss well to coat. Add the veggies to a baking sheet covered with aluminum foil, open small spaces to fit the chicken pieces, and bake for 45 to 50 minutes until the chicken is golden brown, and the skin starts to get crispy.