**Shemekia Copeland’s**

**Crispy Chicken thighs and Sauteed Brussel Sprouts**

**Crispy Chicken Thighs:**

10 chicken thighs with skin

Olive oil

1/2 tsp sea salt

1/2 tsp black pepper

1/2 tsp granulated garlic

1/2 tsp granulated onion

1/4 tsp paprika

1/2 tsp thyme

Mix spices in a bowl and set aside.

Make sure chicken is patted dry then rub with olive oil massaging it into the skin.

Rub the spices onto the chicken and place on a sheet pan.

Place in a 400-degree oven for 45-60 minutes

**Sautéed Brussel sprouts:**

2lbs Brussel Sprouts cleaned and halved.

1/2 sweet onion finely chopped

6 strips of bacon

1/2 cup chicken stock

Olive oil

Sea Salt to taste

Black pepper to taste

Cut bacon crossways and place into cold skillet then fry until crispy then place off to the side.

Place 4 Tbs olive oil in large skillet put in onion and sauté 2 minutes then pour in Brussel sprouts and continue to sauté and stir for 10 minutes adding salt and pepper to taste. Pour in chicken stock and continue to cook for 5 to 10 minutes.

Place into bowl then stir in cooked bacon.

Enjoy!